



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

SEP 2020
Recipe 136

For more recipe ideas, please visit:
WWW.GCFARMS.COM/RECIPES.HTML

Beef & Black Bean Chili with Butternut Squash

PREPARATION

- 1 - In a large sauce pot over medium-high heat, warm 1-2 tablespoons olive until hot but not smoking. Add the mirepoix, season with salt and pepper, and cook, stirring occasionally, until tender, 4 to 6 minutes.
- 2 - Stir in the garlic and cook until fragrant, about 30 seconds.
- 3 - Add the ground beef, chili spice blend, and tomato paste, season with salt and pepper, and cook, stirring to break up the meat, until lightly browned but not yet cooked through, 2-4 minutes.
- 4 - Add the butternut squash, tomatoes, black beans, and 2 cups water to the chili. Bring to a boil, reduce to a simmer, and cook, stirring occasionally, until the beef is cooked through, the squash is tender, and the chili has thickened, 10-12 minutes. Season to taste with salt and pepper.
- 5 - Garnish with cilantro and serve immediately.

Beef & Black Bean Chili with Butternut Squash

Cook's Note: This savory, healthy comfort food dish celebrates the coming of fall with the inclusion of seasonal butternut squash. Easy to make ahead of time (and even better with cornbread), this energy-packed dish is sure to be a crowd pleaser.

Bon Appétit
George



(photo by Marc-Henri)

INGREDIENTS

- 1 cup mirepoix (onions - carrots - celery)
- 2-3 cloves peeled fresh garlic, finely chopped
- 1 pound ground beef
- 1 cup cooked black beans
- Chili spice blend (chili powder - coriander - cumin - sweet paprika - granulated garlic)
- 2 tablespoons tomato paste
- 1/2 pound chopped peeled butternut squash
- 1 cup diced tomatoes
- 6 or 7 sprigs of fresh cilantro, coarsely chopped

COOK'S NOTE:

This savory, healthy comfort food dish celebrates the coming of fall with the inclusion of seasonal butternut squash. Easy to make ahead of time (and even better with cornbread), this energy-packed dish is sure to be a crowd pleaser.

Bon Appétit!
-George