

# Butternut Squash Chili Recipe - by Imperfectly Happy Homesteading

## Ingredients

- 2 tablespoons coconut oil
- 1 large yellow onion, chopped
- 1 green bell pepper, chopped
- 5 - 6 garlic cloves, minced
- 1 butternut squash (about 1½ pounds), peeled and chopped into 1/2 inch cubes
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 teaspoons of dried oregano
- 2 cans (15 ounces each) pinto beans, rinsed and drained
- 1 1/2 lbs ground beef, lean
- 1 6 oz can of tomato paste (or make it from [tomato powder](#))
- 2 cans (14 ounces) diced tomatoes, including the liquid (if you don't can try [this brand](#))
- 2 cups broth (chicken, beef or vegetable will work) - [I like to make my own](#)
- Salt and Pepper, to taste
- Garnish Ideas: chopped cilantro, avocado slices, shredded cheese, a dollop of sour cream
- Kick up the spice with a dash of red pepper flakes in your bowl.

## Directions

1. In a 4- to 6-quart Dutch oven or stockpot over medium heat, warm the coconut oil
2. Add the onion, bell pepper and garlic and cook, stirring until the onions are turning translucent and the garlic is fragrant
3. Add ground beef to pot and sprinkle a bit of salt and pepper over it
4. When the ground beef is cook drain off any fat and return the ingredients to the pot
5. Add the chili powder, cumin, oregano
6. Add the tomato paste
7. Give everything a good stir
8. Add the bell peppers, diced tomatoes and broth
9. Stir for about 1 minute
10. Add the beans and squash
11. Bring the chili up to a simmer, stirring often
12. Turn the chili down to low-medium
13. Let the chili simmer slowly for 40 - 45 minutes (you can also cook low in a crock pot)
14. You want your squash tender but not mushy
15. Remove from heat, salt and pepper as needed
16. Serve in bowls topped with the garnish you like - I like ALL the ones I listed.
17. Great with a bit of corn bread or crusty bread on the side

This chili reheats well just be careful not to heat it so much that your squash gets too soft.