

# *Butternut & Black Bean Chili with Quinoa*

**YEILD:** 4 servings

## **INGREDIENTS:**

- 2tsp olive oil
- 1 small onion trimmed and diced
- 1clove garlic minced
- 1/2Tbsp chili powder
- 1/2tsp ground cumin
- 1/4tsp ground chipotle pepper or to taste
- 1/8tsp ground black pepper
- 1 1/2cup vegetable stock low sodium
- 1 1/3cup canned tomatoes diced in juice
- 2cups butternut squash peeled, seeded, diced 1/2"
- 1/2cup red bell pepper seeded, diced 1/4"
- 1cup canned black beans rinsed and drained
- 1/4cup uncooked quinoa rinsed and drained
- 1/2cup frozen corn kernels
- 1/2tsp dried oregano
- 1/2tsp kosher salt

## **INSTRUCTIONS:**

- In stockpot over medium-high heat, heat oil. Add onion, garlic, chili powder, cumin, chipotle and black pepper. Saute until onion is translucent, 3 to 5 minutes.
- Stir in vegetable stock. Add remaining ingredients. Cook, stirring, until mixture comes to a boil. Reduce heat. Simmer 20 minutes.
- Serve hot.

Recipe from: Feed Your Potential 365 by Aramark

<https://www.fyp365.com/recipes/butternut-and-black-bean-chili-with-quinoa/>