

Vegetarian Autumn Chili

Total Time: 1 hour (45 minutes cooking time)

Servings: 6-8

Equipment: medium skillet, pot with lid, strainer, medium-large knife, large spoon (for stirring)

Ingredients

- 3 full onions
- 4 cloves of garlic
- 2 bell peppers
- 2 jalapeños
- 4 cans black beans (about 6 cups)
- 4 roma tomatoes
- 3 tablespoon chili powder
- 2 tablespoon cumin
- 1 tablespoon dried oregano
- 2 lb. (about ½ one large squash) butternut squash
- 2 avocados (cubed)
- One lemon
- Pepper (to taste)
- Olive oil (to sauté ingredients)

1. Dice onions, tomatoes, and bell peppers. Mince garlic.
2. Slice squash into ½ inch chunks.
3. Sauté onions in large skillet over medium heat until tender (about 3- 5 minutes).
4. Add bell peppers, jalapenos, and garlic, and continue to sauté for another 3 minutes.
5. Transfer skillet ingredients into large pot or crock pot.
6. Add strained beans, seasoning, and squash.
7. Cover pot on and cook on medium-low heat for 30-45 minutes, or until squash is tender.
8. Add cubed avocado and lemon and pepper to taste.

