



 **90%**
HEALTH SCORE

Black Bean Chili with Butternut Squash

 Vegetarian  Gluten Free  Very Healthy

READY IN



210 min.

SERVINGS



10

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.3 pound butternut squash peeled seeded cut into 1/2-inch cubes (3 cups)
- 2 chili powder
- 2 chipotles in adobo canned minced
- 10 servings kosher salt
- 1 pound black beans dried rinsed
- 29 ounce canned tomatoes canned
- 10 servings cilantro leaves fresh
- 8 garlic clove chopped

- 1 tablespoon ground coriander
- 10 servings jalapeno
- 10 servings monterrey jack cheese
- 1.5 tablespoons olive oil
- 2 onion chopped
- 2 teaspoons oregano dried (preferably Mexican)
- 10 servings pepper flakes hot grated
- 0.5 cup oats
- 10 servings onion diced red chopped
- 10 servings cream sour

Equipment

- bowl
- pot

Directions

- Heat oil in heavy large pot over medium-high heat.
- Add onions and cook until soft and beginning to brown, stirring often, about 8 minutes.
- Add garlic; stir 1 minute.
- Sprinkle chili powder and coriander over; stir 1 minute. Stir in tomatoes with juice, beans, chipotles, and oregano.
- Add 10 cups water. Bring to boil, reduce heat to low, cover with lid slightly ajar, and simmer until beans are tender, stirring occasionally, about 2 hours (time will vary depending on freshness of beans). Season to taste with coarse salt and freshly ground black pepper. DO AHEAD: Chili can be made up to 2 days ahead. Cool slightly. Refrigerate uncovered until cold, then cover and keep chilled. Rewarm chili before continuing.
- Stir squash and bulgur into chili. Simmer uncovered over medium-low heat until squash and bulgur are tender, about 30 minutes. Season to taste with salt and pepper. Divide chili among bowls.
- Serve with sour cream, cheese, red onion, cilantro, and pickled jalapeño rings.

Nutrition Facts

PROTEIN 16.78% FAT 16.95% CARBS 66.27%

Properties

Glycemic Index:29, Glycemic Load:2.61, Inflammation Score:-10, Nutrition Score:26.018261001486%

Flavonoids

Petunidin: 6.99mg, Petunidin: 6.99mg, Petunidin: 6.99mg, Petunidin: 6.99mg Delphinidin: 8.39mg, Delphinidin: 8.39mg, Delphinidin: 8.39mg, Delphinidin: 8.39mg Malvidin: 4.81mg, Malvidin: 4.81mg, Malvidin: 4.81mg, Malvidin: 4.81mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 302.74kcal (15.14%), Fat: 5.95g (9.16%), Saturated Fat: 1.96g (12.22%), Carbohydrates: 52.38g (17.46%), Net Carbohydrates: 40.95g (14.89%), Sugar: 7.43g (8.25%), Cholesterol: 7.97mg (2.66%), Sodium: 339.61mg (14.77%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 13.26g (26.52%), Vitamin A: 11410.27IU (228.21%), Folate: 239.58µg (59.9%), Vitamin C: 42.95mg (52.06%), Manganese: 0.98mg (49.22%), Fiber: 11.44g (45.75%), Vitamin B1: 0.56mg (37.36%), Magnesium: 133.05mg (33.26%), Potassium: 1156.2mg (33.03%), Copper: 0.51mg (25.53%), Phosphorus: 243.51mg (24.35%), Iron: 4.16mg (23.09%), Vitamin B6: 0.42mg (20.99%), Calcium: 172.47mg (17.25%), Vitamin E: 2.19mg (14.61%), Zinc: 2.14mg (14.27%), Vitamin B3: 2.39mg (11.95%), Vitamin B5: 0.96mg (9.62%), Vitamin K: 10.07µg (9.6%), Vitamin B2: 0.16mg (9.41%), Selenium: 4.6µg (6.57%)