



Chorizo, Roasted Butternut and Zucchini Chili Pot

 Gluten Free

READY IN



140 min.

SERVINGS



6

CALORIES



707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chipotles in adobo sauce pureed seeded
- ☐ 4 tablespoons butter
- ☐ 1 butternut squash peeled seeded chopped
- ☐ 14 ounce black beans rinsed drained canned
- ☐ 14 ounce kidney beans red rinsed drained canned
- ☐ 14 ounce canned tomatoes diced with green chilies crushed canned
- ☐ 2 cups chicken stock see

- ☐ 12 ounces chorizo cut into bite-size pieces
- ☐ 2 large corn muffins
- ☐ 1 cup evoo
- ☐ 1 tablespoon evoo plus more for drizzling
- ☐ 0.3 cup cilantro leaves fresh plus more for serving chopped
- ☐ 6 heads garlic trimmed
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 3 tablespoons honey
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 6 servings manchego cheese shaved for serving
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1 onion chopped
- ☐ 1 teaspoon mexican oregano dried
- ☐ 1 large bell pepper red
- ☐ 6 servings seafood seasoning such as old bay
- ☐ 0.8 cup tender sun-dried tomatoes packed in oil) loosely packed
- ☐ 2 small zucchini halved lengthwise seeded chopped

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ slotted spoon

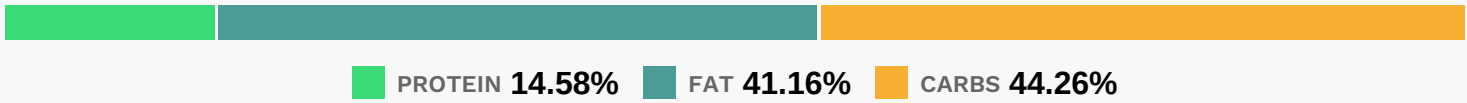
☐ tongs

Directions

- ☐ Roast the bell pepper over a gas flame, turning with tongs, or broil until the skin is blackened.
- ☐ Transfer to a bowl, cover and let cool. Peel, seed and chop the pepper.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Spread the butternut squash on a rimmed baking sheet, drizzle lightly with EVOO, sprinkle with the nutmeg and cinnamon and season with salt and pepper. Roast until tender and browned at the edges, 20 to 25 minutes. Keep the oven on.
- ☐ Meanwhile, combine the stock and sun-dried tomatoes in a small saucepan. Bring to a low simmer over medium heat and cook until very tender.
- ☐ Heat 1 tablespoon EVOO in a soup pot over medium-high heat.
- ☐ Add the chorizo and cook until browned.
- ☐ Remove with a slotted spoon to a plate.
- ☐ Add the zucchini to the pot and cook until lightly browned, 6 to 8 minutes.
- ☐ Add the onions and cook until softened, 2 to 3 minutes, then add the roasted peppers.
- ☐ Pour the sun-dried tomatoes and the cooking liquid into a food processor and add the Roasted Garlic Paste, cilantro, oregano and chipotle puree. Puree until smooth, then add the mixture to the chili and stir to combine.
- ☐ Add the beans, canned tomatoes, chorizo and roasted squash.
- ☐ Add enough water to thin the chili to the desired consistency.
- ☐ Melt the butter in a small pan. Coarsely crumble the muffins on a baking sheet, then drizzle with the melted butter and sprinkle with seafood seasoning.
- ☐ Bake until browned.
- ☐ Ladle the chili into shallow bowls and top with the Manchego cheese and crumbled muffins.
- ☐ The chili can be covered and refrigerated for a make-ahead meal. Reheat over medium heat, stirring occasionally.
- ☐ Preheat the oven to 425 degrees F. Arrange the garlic in a cluster on a large piece of foil and drizzle with 1/4 cup EVOO. Wrap up the garlic in the foil to make a tightly sealed pouch. Roast until very tender, about 45 minutes.
- ☐ Let cool, then squeeze the garlic from the skins into a food processor.

Add the remaining 3/4 cup EVOO and the honey and season with salt and pepper. Puree until smooth, then transfer to a small container. (Alternatively, you can mash the garlic paste with a fork instead of using a food processor.)

Nutrition Facts



Properties

Glycemic Index:80.63, Glycemic Load:17.13, Inflammation Score:-10, Nutrition Score:39.053912774376%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 707.14kcal (35.36%), Fat: 33.81g (52.02%), Saturated Fat: 12.15g (75.95%), Carbohydrates: 81.83g (27.28%), Net Carbohydrates: 65.11g (23.68%), Sugar: 26.05g (28.94%), Cholesterol: 58.97mg (19.66%), Sodium: 836.27mg (36.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.95g (53.91%), Vitamin A: 15076.12IU (301.52%), Vitamin C: 95.04mg (115.2%), Manganese: 1.75mg (87.33%), Fiber: 16.72g (66.88%), Potassium: 1910.97mg (54.6%), Vitamin B6: 1.05mg (52.56%), Iron: 8.14mg (45.23%), Vitamin K: 42.48µg (40.46%), Magnesium: 158.38mg (39.59%), Copper: 0.76mg (38.02%), Folate: 149.91µg (37.48%), Phosphorus: 373.73mg (37.37%), Vitamin B1: 0.56mg (37.26%), Vitamin B3: 6.64mg (33.21%), Vitamin E: 4.52mg (30.16%), Vitamin B2: 0.45mg (26.63%), Calcium: 245.27mg (24.53%), Vitamin B5: 1.77mg (17.65%), Zinc: 2.34mg (15.6%), Selenium: 9.4µg (13.42%)