



# Hearty Butternut Squash & Chickpea Curry Chili



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 bell peppers chopped finely (any color)
- ☐ 1 medium butternut squash diced peeled
- ☐ 24 ounce garbanzo beans rinsed drained canned
- ☐ 12 ounce tomato sauce canned
- ☐ 12 ounce canned tomatoes diced canned
- ☐ 1 cup coconut milk beverage unsweetened
- ☐ 2 tablespoons coconut oil

- ☐ 1 teaspoon cumin
- ☐ 1 tablespoon curry powder
- ☐ 1 teaspoon garlic powder
- ☐ 3 to 4 garlic cloves minced
- ☐ 3 teaspoons curry paste green to taste ( )
- ☐ 4 servings celtic salt and ground pepper black to taste
- ☐ 1 large onion chopped
- ☐ 1 teaspoon onion powder
- ☐ 2 cups vegetable broth

## Equipment

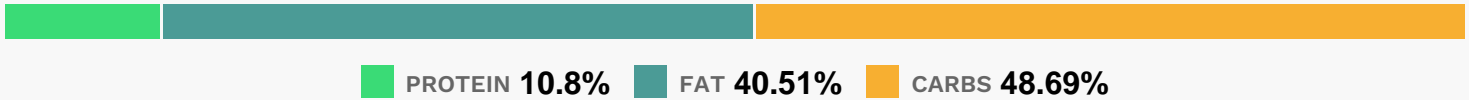
- ☐ frying pan
- ☐ pot

## Directions

- ☐ Wash and peel the large onion. Slice and finely dice into 1/4-inch pieces. (Tip: Use the Williams–Sonoma Vegetable Chop and Measure with the medium 1/4-inch cutter grid). In a large skillet, over medium heat melt the coconut oil.
- ☐ Add onion and sauté stirring intermittently. While the onion is sautéing, wash and remove seeds and top from 2 bell peppers (any color). Dice into fine 1/4-inch pieces. (Tip: Use the Williams–Sonoma Vegetable Chop and Measure with the medium 1/4-inch cutter grid).
- ☐ Add to the sautéing onion. Sauté and stir intermittently until onions and peppers are softened.
- ☐ Add garlic, sauté for 2 more minutes. Set aside. While onions and peppers are sautéing, wash, peel, and dice the butternut squash into small 1/2" pieces. (Tip: Use the Williams–Sonoma Vegetable Chop and Measure with the large 1/2" cutter grid).
- ☐ Place diced squash, cooked onion/pepper mix and vegetable broth into a large stock pot. Stir until mixed. Cover and simmer over medium heat until the squash is tender (about 30–35 minutes).
- ☐ Add tomato sauce, diced tomatoes, garbanzo beans, and seasonings and stir until well mixed.
- ☐ Add additional seasonings per taste. Cover and simmer over medium heat for 30 minutes.

- ☐
- Add the So Delicious® Dairy Free Coconut Milk Beverage. Stir well. Simmer uncovered for 20–30 more minutes.
- ☐
- Add additional coconut milk or vegetable broth to desired thickness or for taste as desired. While dish is simmering, prepare steamed rice (gluten-free version) and/or vegan garlic naan bread (non-gluten free version).
- ☐
- Serve over steamed basmati rice (gluten free version) and/or with vegan garlic naan bread (non-gluten free version).

## Nutrition Facts



## Properties

Glycemic Index:87.83, Glycemic Load:11.97, Inflammation Score:-10, Nutrition Score:39.575652122498%

## Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg

## Nutrients (% of daily need)

Calories: 531.83kcal (26.59%), Fat: 26.05g (40.07%), Saturated Fat: 19.1g (119.4%), Carbohydrates: 70.44g (23.48%), Net Carbohydrates: 52.25g (19%), Sugar: 18.37g (20.41%), Cholesterol: 0mg (0%), Sodium: 1481.23mg (64.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.25%), Vitamin A: 23234.43IU (464.69%), Vitamin C: 135.52mg (164.26%), Manganese: 2.83mg (141.59%), Vitamin B6: 1.6mg (80.13%), Fiber: 18.19g (72.75%), Potassium: 1795.19mg (51.29%), Magnesium: 179.66mg (44.91%), Copper: 0.86mg (43.14%), Vitamin E: 6.38mg (42.56%), Iron: 7.6mg (42.23%), Folate: 158.74µg (39.69%), Phosphorus: 348.56mg (34.86%), Vitamin B3: 5.53mg (27.67%), Vitamin B1: 0.41mg (27.1%), Calcium: 237.69mg (23.77%), Vitamin B5: 2.13mg (21.25%), Zinc: 2.63mg (17.52%), Selenium: 10.11µg (14.45%), Vitamin B2: 0.23mg (13.7%), Vitamin K: 13.88µg (13.22%)