



Black-Bean Chili With Winter Squash

Ingredients:

- 1 Tablespoon olive oil
 - 1 large chopped onion (1 ½ cups)
 - 1 medium diced yellow bell pepper (1 cup)
 - 3 garlic cloves, minced
 - 2 (15-ounce) cans black beans, rinsed & drained
 - 2 cups fat-free, less-sodium vegetable broth
 - 2 lbs tomatoes, skinned and diced (or 28 oz can)
 - 1 (4.5-ounce) can chopped mild green chiles
 - 1 teaspoon chili powder
 - ¼ teaspoon chipotle chile powder
 - ½ teaspoon dried oregano
 - 2 lbs winter squash
 - ¼ teaspoon salt
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Preparation:

Roast squash, cool, and cut flesh into ½ inch pieces.

Heat oil in a large pot over medium heat. Add onion and bell pepper, and cook, stirring frequently, until soft, about 5 minutes. Add garlic and cook, stirring, 1 minute. Stir in beans, broth, tomatoes, green chiles, chili powder, chipotle chile powder, and oregano. Simmer, covered, 10 minutes. Uncover and cook 10 more minutes.

Stir squash into bean mixture; cook 5 minutes. Stir in salt.