

BBQ Butternut Squash Chili

Makes 4-6 Servings

Ingredients

- 1 (15 ounce) can of beef or 1 pound ground meat
- 1 (28 ounce) can diced or whole tomatoes
- 2 (15 ounce) cans of beans (such as kidney, black, pinto, Great Northern, etc.)
- 1 small onion, chopped
- 2 cups butternut squash, cubed
- 2 teaspoons salt
- 2 teaspoons black pepper
- 2 tablespoons chili powder
- 1/4 cup BBQ sauce (optional)

Directions

1. Drain juices from canned beef and beans and add into a large pot. If using ground meat, cook, drain grease and then add beans into a large pot. Add canned tomatoes with juices into the same pot.
2. Chop onion in small pieces. Peel squash and cut in half from end to end. Remove seeds. Cut into 1/2-inch pieces. Add onions and squash to large pot. Season ingredients with salt, black pepper and chili powder. If adding BBQ sauce, add now.
3. Turn the heat to medium and bring the mix to simmer (bubble). Stir every few minutes to prevent burning. After 15 minutes turn heat to low. Cook until squash is tender (soft), then serve.

Recipe from: Feeding Pennsylvania and PA Eats

