



Squash & Lentil Chili

2 servings

45 minutes

Ingredients

- 1 cup Vegetable Broth (divided)
- 1 White Onion (small, diced)
- 2 cups Butternut Squash (peeled, chopped)
- 3 Tomato (large, chopped)
- 1 Green Bell Pepper (diced)
- 1/4 cup Tomato Paste
- 1 cup Dry Lentils
- 2 tsps Chili Powder
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	501
Fat	2g
Saturated	0g
Carbs	99g
Fiber	19g
Sugar	13g
Protein	30g
Cholesterol	0mg
Sodium	508mg

Directions

- 1 Heat a large pot over medium heat and add a splash of the vegetable broth. Add the onion, stir, and let it cook for a couple of minutes.
- 2 Add the butternut squash and cook for another five minutes. Then, add the tomatoes, green pepper, tomato paste, lentils, chili powder, salt, pepper, and remaining broth. Stir, reduce the heat to low, and cover with a lid.
- 3 Simmer for 20 to 25 minutes, until it has thickened and absorbed most of the liquid. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days or freeze for up to three months.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add smoked paprika and cayenne.