

Squash Poblano Chili

Here's a little twist on a vegan chili – very hearty. I like to cook legumes (dried beans) in large batches and freeze in pint containers for ease of use during the work week. Canned beans may also be used. Makes 5-6 servings.

- 2 cups winter squash – hubbard, butternut – peeled, cut in 1-2 inch pieces
- 2-3 cups beans, cooked – mix of black bean, pinto & kidney beans
- 2-3 poblano chilis
- 1 jalapeno chili, seeds removed, minced
- 1-2 clove minced garlic
- 1 tsp ground coriander
- 1 tsp allspice
- 1 tsp cumin
- ¼ - ½ tsp chipotle chili powder
- 1 cup broth or vegetable stock
- 1 Tbsp vinegar – red wine or apple cider

Directions:

Coat whole poblano chilis and chopped squash lightly with canola or toasted sesame oil. Place in oven at 425°F for 20-30 minutes on a baking sheet, until chilis are blistered and squash is tender and lightly browned. Remove and set aside. Run cold water over poblanos to shock: this makes the skin lift from the chili for easier removal. Remove as much of the outer skin as possible and chop chilis. Heat beans in 4 quart sauce pan over medium heat. Add minced jalapeno, garlic and seasonings. Note: if you like a milder heat level, you may omit the jalapeno. Add broth and heat through. Add squash and poblanos. Serve with dollop of greek yogurt or sour cream.

