

# Easy One Pot Meal Recipe - **BUTTERNUT SQUASH CHICKEN CHILI**

## **INGREDIENTS**

- 1 medium butternut squash peeled and chopped into 1-in cubes
- 1 medium yellow onion coarsely chopped
- 1 red bell pepper de-seeded and chopped into bite-sized pieces
- 1 lb. shredded chicken or ground chicken
- 1 (28 oz.) can diced fire-roasted tomatoes
- 2 (15 oz.) cans rinsed black beans, unseasoned
- 3 cups chicken broth
- 1 teaspoon kosher salt
- 1-2 tablespoons minced garlic
- 1 ½ tablespoons chili powder
- ½ tablespoon cumin
- 1 teaspoon cayenne pepper
- 1 teaspoon cinnamon
- 1 teaspoon oregano
- 2 tablespoons olive oil
- Chopped green onions (optional)
- Avocado (optional)
- Cheese of choice (optional)

## **DIRECTIONS**

1. In a Dutch oven, heat olive oil on medium. Add coarsely chopped onion and sauté until translucent.
2. Add your pre-cooked chicken, spices, canned tomatoes, rinsed black beans, chicken broth and chopped bell pepper. Cover and simmer for 15 mins.



## **PRE-PREP**

Use your fridge to save time. Just a little bit of meal prep will make dinnertime go much faster with these few simple tips!

**1. Pre-cook your protein.** For this recipe, cook and shred your chicken 3-4 days before you make your chili. In a stock pot, add chicken and water. Bring to a boil and then move to medium heat to simmer for about 15 minutes. After chicken has cooled, shred with a fork. If shredded chicken is not your speed, try ground chicken! Sauté over medium heat for 10-15 minutes until all pinkness is gone and remove from grease.

**2. Wash and prepare your vegetables in advance.** Once peeled, de-seeded and cut into chunks, the butternut squash will last 2-5 days in your refrigerator. Chopped onion will last up to a week and chopped bell pepper is good for 2-3 days in the fridge.

**3. Pre-mix your spices in large batches.** You can use it for this recipe and in the future for any other chili or soup you might whip up.

**4. Pre-peel the skin off of garlic cloves.** Store them in an airtight container in the fridge so they will be at the ready for mincing.

3. Add butternut squash chunks and simmer for an additional 15 mins.

4. Serve topped with green onion, avocado chunks and/or your cheese of choice! White cheddar pairs nicely, or if you're looking for a little more heat shredded pepper jack would also be a nice addition.