



No Bean Butternut Squash Chili



Time: 120 min.

Difficulty: Medium

Ingredients (6 portions)

• Ingredients

- Tomato Juice 750ml
- broth 1 cup
- butternut squash — diced 3 cups
- celery — diced ½ cup
- extra virgin olive oil 3 tablespoons
- fresh cilantro — for garnishing
- fresh rosemary
- fresh sage leaves
- garlic — minced 2 cloves
- ground coriander 1 teaspoon
- ground cumin 2 teaspoons
- ground turkey -or ground chicken or grass fed beef 1 pound
- paprika 2 teaspoons
- Pomi Strained Tomatoes 1 cup
- Pomi Tomato Juice 2 cups
- red bell peppers — chopped ½ cup
- red onions — chopped ½ cup
- salt and pepper

For this recipe we used:



Preparation

Instructions

- SLOW COOKER

- If you are roasting your own squash like I did, heat the oven to 425F.
- Line a baking sheet with foil paper.
- Add the diced squash. Drizzle on some extra-virgin olive oil (1 Tablespoon). Sprinkle on a little salt. Add your fresh herbs (I added rosemary and sage from my herb garden). You could use dried rosemary and sage.
- Cover and seal it tightly with a top layer of foil paper.
- Bake for about 30 minutes.
- When it is ready, remove the top sheet of paper, place the squash in a bowl; set aside.
- In a large skillet heat the remaining olive oil over medium-high heat.
- When heated up, add the celery and onions. Sauté until the onions get a bit translucent (3-4 minutes). Add in the minced garlic. Stir to combine it all together (you don't want the garlic to brown).
- Add in the ground turkey (or ground chicken or ground beef), and break it into small pieces using your wooden spoon. Cook for about 5 minutes.
- Add in the spices. Stir it all together and combine. Season with salt and pepper.
- Turn your slow cooker to HIGH. Add the meat and spice mixture to the slow cooker.
- Add in the red peppers (if using), butternut squash (uncooked), diced tomatoes, tomato sauce and broth. Stir it all together. If you are using plum tomatoes instead of cherry or diced tomatoes, break them up before adding to the slow cooker.
- Set heat to HIGH and cook for 5-6 hours.
- Or you could set heat to LOW and cook 7-8 hours.
- IF you roasted squash in the oven, like I did, add it to the stew during the last 30 minutes of cooking. You just want to heat the squash up, as it is already cooked. It will really break up, so try not to stir it too much. Just give it a gentle stir to combine and let it heat up with the stew.
- Ladle out to bowls and garnish with desired topping. A serving idea is with more cilantro (if you like it, or parsley), jalapeño slices, and lime wedges (optional).

- STOVE TOP

- Place a large saucepan with lid (or Dutch oven) over medium heat. Add the olive oil (or you could use coconut oil or even ghee). When it has heated up, add in the onions and peppers (if using).
- Sauté for about 5 minutes, stirring and the onion should be translucent and peppers should start to soften.
- Add in spices, salt and pepper. Stir all together and sauté about another minute.
- Add in the minced garlic and ground turkey (ground chicken or ground beef will also work). Cook for about 5 minutes, breaking up the meat with your wooden spoon.
- Add in spices, salt and pepper. Stir all together and sauté about another minute.
- Add the peppers, butternut squash, diced tomatoes, tomato sauce, and chicken broth and bring to a boil.
- Lower the heat and let it simmer, with the lid partially on, for about 30-40 minutes. Check on it after about 15 minutes and

give it a stir. Check the seasoning. Adjust and add any extra salt and pepper. Put the lid partially back on and let it continue to simmer.

- When it is ready at about 30-40 minutes, adjust the seasoning (if needed) with more salt, pepper and spice, to your taste.
- Ladle out to bowls and garnish with chopped cilantro (or fresh Italian parsley). Add on avocado and jalapeno slices, if you like.