

Roasted Butternut Squash & Lentil Chili – Vegan & Gluten Free

Prep time:

10 minutes

Cooking time:

40 minutes

Yields:

6 servings

Ingredients:

- Cooking spray as needed
- ½ large onion, diced
- 2 cloves garlic, minced
- 1 small butternut squash, cut in half and seeded
- 1 can diced tomatoes
- 1 can tomato sauce
- 1 cup lentils
- 2 cups water
- 2 cups vegetable broth
- 2 tbsp chili powder
- 1 tbsp cumin,
- ½ tbsp cinnamon
- ½ tbsp smoked paprika
- 1 can kidney beans
- salt & pepper to taste
- green onions and nutritional yeast for garnish

Directions:

1. Preheat oven to 350 degrees
2. Sprinkle salt, pepper and chili powder on butternut squash and place cut side down on greased sheet pan. Place in oven 30 minutes.
3. Heat large soup pot over medium heat and spray oil to coat bottom of the pot. Sauté your onion until translucent, about 5 minutes. Add garlic and sauté, stirring, for another minute, until fragrant. Add all the spices and cook for another minute or too, stirring frequently as not to burn
4. Add the lentils, water, and broth. Stir it all well and bring to a boil. Lower heat, cover and simmer on low until lentils are cooked through, about 25 minutes
5. Stir beans, diced tomatoes and tomato sauce into the chili pot and let heat through for about 5 minutes. Using a large spoon, scrape squash out of its skin and gently stir it into the roasted chili. Using a whisk you can break up the squash and allow to cook in to the chili. Add sea salt and pepper to taste
6. Garnish green onions and nutritional yeast

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