

Root Vegetable Chili

Prep time:

10 minutes

Cooking time:

40 minutes

Yields:

4 servings

Ingredients:

- 1 tablespoon avocado oil
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 parsnip, chopped
- 1 small onion, chopped
- 1/2 medium butternut squash, diced
- ½ tablespoon cumin
- 1 tablespoon chili powder
- ½ tablespoon smoked paprika
- salt and pepper to taste
- 1 cup low-sodium vegetable broth (more or less depending on desired consistency)
- 2 cups diced tomatoes
- 2 cups tomato sauce
- 2 cups beans of choice, drained and rinsed
- 4 green onions, chopped

Directions:

Heat oil in a large sauté pan over medium-high heat.

Add carrots, celery, parsnip, butternut squash and onion to the pan and sauté 7-10 minutes, or until vegetables are soft.

Season with cumin, chili powder, smoked paprika, salt and black pepper to taste. Stir to coat the veggies in spices.

Stir in the vegetable broth, diced tomatoes, beans and tomato sauce. Bring to a simmer. Simmer for 10 minutes, or until sauce comes together and is heated through.

Garnish with green onions and enjoy!

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