

Savory Squash and White Bean Chili



Makes:

12 servings

Utensil:

Saladmaster Food Processor
7 Qt./6.6 L Wok with Cover

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Recipe:

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3 cups
cooked butternut or butternut squash, cubed (prepared
beforehand)
(420
g)
2 large onions, strung, use Cone #2
1 habanero, seeded and minced
1 jalapeño, seeded and minced
1 cup
carrots, strung, use Cone #2
(110
g)
6 garlic cloves, shredded, use Cone #1
3 tablespoons
chili powder
(23
g)
1 ½ tablespoons
ground cumin
(23
mL)
2 tablespoons
tamari
(30
mL)
2 tablespoons
almond butter
(32
g)
4 cups
vegetable broth
(950
mL)
45 ounces
navy beans
(1.3
kg)
¼ cup
raisins
(36
g)

salt and freshly ground pepper, to taste

Directions:

1. Cut squash into quarters and place skin side down in the wok. Add ¼ cup (60 mL) of water.
2. Turn temperature to medium and heat until Vapo-Valve™ clicks, approximately 20 minutes.
3. Reduce heat to slightly above low and cook for 30 - 40 minutes. If squash is not tender, cook for an additional 10 minutes or until tender.
4. Remove from heat and let cool.
5. Remove seeds with a spoon, cut inside meat from squash and slice into bite size pieces.

Chili

1. Preheat wok over medium heat. When several drops of water sprinkled on pan skitter and dissipate add onions, habanero, jalapeño and carrots. Sauté until softened, approximately 6 - 7 minutes.
2. As you begin adding the following ingredients keep the temperature right below medium.
3. Add the garlic, chili powder, cumin, cinnamon, oregano, paprika, and chipotle powder. Cook for a minute until fragrant.
4. Add wine, tomatoes, bell peppers, cider vinegar, cocoa powder, maple syrup, tamari, almond butter and vegetable broth.
5. Let contents return to a rolling simmer and cook, stirring often, until flavors have blended; approximately 40 minutes.
6. Add navy beans, raisins, squash, and salt and pepper. Continue to cook until heated through, approximately 20 minutes.
7. Remove from heat and let stand for approximately 15 minutes.

Tips:

- Serve hot with preferred garnish, such as green onions or scallions.
- Cornbread would be a wonderful addition to this savory dish.

Nutritional Information per

▼ Serving

Calories: 327
Total Fat: 5g
Saturated Fat: 1g
Cholesterol: 1mg
Sodium: 1479mg
Total 60g
Carbs:
Dietary Fiber: 13g
Sugar: 8g
Protein: 16g