

## Savory Squash and White Bean Chili



### Makes:

12 servings

### Utensil:

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

**Rate** ★★☆☆☆

### 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

▼ <u>Serving</u>
<b>Calories:</b> 327
<b>Total Fat:</b> 5g
<b>Saturated Fat:</b> 1g
<b>Cholesterol:</b> 1mg
<b>Sodium:</b> 1479mg
<b>Total</b> 60g
<b>Carbs:</b>
<b>Dietary Fiber:</b> 13g
<b>Sugar:</b> 8g
<b>Protein:</b> 16g