BeWell recipe of the month:

Black Bean Chili with Butternut Squash

From the kitchen of A. Perex, R. Tu and A. Gephart, Health Improvement Program (HIP)

(Makes 4-6 servings)
- 2 tablespoons olive oil
- 1 large sweet onion, finely chopped (about 2 cups)
- 3 cloves garlic, minced
- 2 ½ cups butternut squash, peeled, seeded, and cut into 1/3-inch cubes
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1/8 teaspoon ground cinnamon
- 2 (15 oz) cans of reduced-sodium black beans, drained, and rinsed
- 2 cups vegetable stock and 1 cup warm water
- 1 (14.5 oz.) can of diced fire-roasted tomatoes, with juice
- 1 small bunch Swiss chard, cleaned, stemmed, and chopped
- Salt and pepper to taste
- Optional: Low-fat Greek-style yogurt to dollop

1. In a 6-quart stock pot or dutch oven, heat olive oil over medium-low heat. Add onion and saute for about 6 to 8 minutes. 
2. Add garlic and saute for a minute more, then add butternut squash and stir for 2 minutes.
3. Add chili powder, cumin, and cinnamon. Stir to combine.
4. Add black beans, vegetable stock, warm water, and diced tomatoes with juice. Bring to a light boil, reduce to a simmer, and cover; cook for 15 minutes.
5. Remove cover and cook for an additional 15 minutes, or until squash is tender.
6. Stir in swiss chard and simmer for 3 minutes. Season to taste with salt and pepper.
7. Dollop with spoonful of Greek-style yogurt (optional).