



## **Black Bean and Squash Chili**

Makes 10 servings | Serving size: 1 cup

### Ingredients Needed:

- 2 cans (14 ½ oz) diced tomatoes or 4 cups chopped fresh tomatoes
- 2 cans (15 ½ oz) black beans, drained and rinsed
- 4 cups cubed winter squash fresh, or 20 oz diced butternut squash frozen
- 32 oz (1 qt) low-sodium broth (vegetable or chicken)
- 2 tablespoons tomato paste
- 1–3 tablespoons chili powder
- 1 teaspoon cumin

### Directions:

1. Combine all ingredients in a large pot; cover and bring to a boil.
2. Reduce heat to low, cover, and simmer for 20–25 minutes, stirring occasionally.