

My Favorite Chili 😊

Servings: 10

Ingredients

- 1 Tablespoon **extra virgin olive oil** or *avocado oil*
- 5 medium cloves **garlic** (*chopped*)
- 1 medium **yellow onion** (*chopped*)
- 2 medium **celery stalks** (*chopped*)
- 1 small **jalapeno** (*chopped*)
- 2 tbsp **fresh ginger** *minced*
- 1 tbsp **fresh turmeric root** *minced*
- 1.5 pounds **ground beef** or *turkey*
- 3.5 Tablespoons **chili powder**
- 1 Tablespoon **ground cumin**
- 2 teaspoons **dried oregano**
- 1.5 teaspoons **kosher salt**
- ¼ teaspoon **crushed red pepper flakes**
- 2 **dried bay leaves**
- 1 **28-ounce can crushed tomatoes**
- 1 **8-ounce can tomato sauce**
- 1 cup **broth** ((**beef, chicken** or *vegetable*))
- 1 **green bell pepper** (*ribs removed, cut into 1/4" pieces*)
- 1 pound **cubed butternut squash** (*frozen or fresh*)
- 1 can **black beans** *rinsed and drained*
- 4 cups **kale** *chopped*

Directions

Heat a large soup pot over medium high heat. Once hot, add oil. Add in chopped garlic, onion, celery, jalapeno, ginger, and turmeric. Sauté until just tender, stirring occasionally, about 3 minutes.

Add in ground beef and use a wooden spoon or spatula to break up into pieces. Sauté until meat is browned and cooked through (If you are using extremely fatty meat, you may want to drain the meat and veg mixture to remove some of the grease and return to pot).

Next add in spices and stir to coat. Continue cooking for approximately one minute, stirring constantly, until spices are fragrant and well incorporated.

Add crushed tomatoes, tomato sauce and broth. Raise heat to high and bring to a boil.

Once boiling, add chopped bell pepper and cubed squash. Partially cover and reduce heat to a simmer. Continue cooking, stirring occasionally, for 25 to 30 minutes. If you are using fresh butternut squash, you may need to cook a bit longer until it's tender.

The last 5-10 minutes of cooking, add black beans and kale.

Remove bay leaves and discard. Remove from heat and adjust salt if necessary. Serve warm with your favorite toppings (shredded cheese, sour cream or plain yogurt, red onion, scallions, avocado, cilantro, etc.) and Enjoy!

Notes:

Leftovers: store in fridge for up to 3 days or freeze.

To make this recipe without meat, use tofu in place of meat or add in 2 extra cans of beans.

You can sub cubed sweet potatoes for butternut squash, although sweet potatoes may fall apart/become mushy, especially when reheated.

