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wrote:

Black Bean Chili with Winter Squash

Serves 6

Broccoli and Cheddar are a winning combination in this savory bread pudding. Cooking the loaf in a water bath (a pan filled with hot water) keeps it tender and moist. This recipe is a great way to use up day-old French bread—just skip the toasting step.

1 medium or 2 small winter squashes (acorn or butternut)
1 Tbs. olive oil
1 large onion, chopped
2 to 3 cloves garlic, minced
1 medium green bell pepper, diced
2 (16-oz.) cans black beans, drained and rinsed
28-oz. can diced tomatoes
4-oz. can chopped mild green chilies
1 tsp. ground cumin
1/2 tsp. dried oregano
Salt to taste

Cut each squash in half, scoop out seeds, and place in a microwave-safe container with 1/4 inch of water. Cover and microwave until tender, allowing 2 to 3 minutes per squash half. Remove squash and let cool, then peel and cut into chunks.

In large pot, heat oil over medium heat. Add onion and cook, stirring often, until soft, about 5 minutes. Add remaining ingredients except squash and salt and mix well. Bring to a boil. Reduce heat and simmer gently 15 minutes. Stir in squash and season to taste with salt. Serve warm.

PER SERVING:

168 Calories
8 Protein
3g Total Fat (1G Saturated Fat)
29g Carbohydrates
0mg Cholesterol
8mg Sodium
10g Fiber