



## Butternut Squash Chipotle Chili

Prep Time: 20 min

Cook Time : 60 min

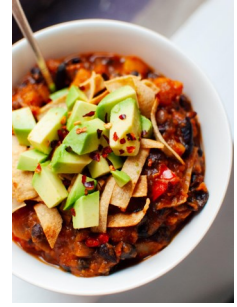
Serves: 4

### NUTRITION FACTS, PER SERVING:

730 Calories

36 total grams of fat

620 mg of sodium



### INGREDIENTS: **\*\* Items not included in kit**

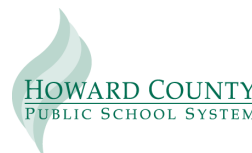
- 2 TB extra virgin olive oil\*\*
- 1 cup diced red onion
- 2 cups diced red bell pepper
- 3 cups cubed butternut squash
- 3 garlic cloves, peeled & minced
- Butternut Squash Chili Spice Blend  
(1 TB chili powder, 1 tsp ground cumin, 1/4 tsp ground cinnamon, 1 bay leaf)
- 1 TB chipotle in adobo sauce, or to taste
- 2 (15 oz) cans black beans, rinsed & drained
- 1 (14 oz) can diced tomatoes
- 2 cups vegetable broth
- Salt & pepper, to taste\*\*
- 1 cup shredded cheddar cheese
- Crushed corn chips
- 1 avocado, diced

### DIRECTIONS:

1. In a large stock pot or Dutch oven, heat **2 TB olive oil** over medium high heat. Add the **diced onion, diced red bell pepper, and cubed butternut squash**. Cook stirring occasionally until the onions are translucent, about 5 minutes. Season with **salt and pepper to taste**.
2. Reduce the heat to medium and add **3 cloves minced garlic, Chili Spice Blend, and preferred amount of chipotle in adobo sauce** depending on heat/spice preference. Stir for 30 seconds.
3. Add the rinsed and drained cans of **black beans, diced tomatoes, and 2 cups vegetable broth**. Stir to combine, cover and reduce heat to medium low, for 45 minutes, stirring occasionally.
4. Remove lid, find bay leaf and discard. If needed, add more **vegetable broth** to reach desired consistency.
5. Serve in bowls topped with **shredded cheddar cheese, crushed corn chips and diced avocado**.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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## Creamy Coconut and Mushroom Polenta

Prep Time: 10 min

Cook Time : 45 min

Serves: 4

### NUTRITION FACTS, PER SERVING:

490 Calories

27 total grams of fat

990 mg of sodium



### INGREDIENTS: **\*\* Items not included in kit**

### DIRECTIONS:

#### POLENTA BASE:

- 1 cup medium grain quick cook polenta
- 1 (13.5 oz) can coconut milk
- 3 cups vegetable broth
- Salt & pepper, to taste\*\*

#### MUSHROOM TOPPING:

- 1 TB olive oil\*\*
- 1 cup sliced onion
- 2 garlic cloves, minced
- 16 oz baby Bella mushrooms, sliced
- 3 TB balsamic vinegar
- 1 TB maple syrup
- 1 TB water\*\*
- 1 (15 oz) can chickpeas, rinsed & drained
- 10 oz. baby spinach
- Salt & black pepper, to taste\*\*

#### POLENTA BASE:

1. In a large saucepan bring **3 cups vegetable broth** and **can of coconut milk** to a boil. Slowly add **polenta** and whisk continuously for 5-8 minutes to avoid clumping. Season with **salt and pepper to taste**, and add more broth to reach desired consistency.

#### MUSHROOM TOPPING:

1. Wipe **mushrooms** clean of any dirt and discard the mushroom stems. Slice the **mushrooms**, set aside. Peel and mince the **2 garlic cloves**, set aside.
2. Heat **1 TB olive oil** in a large skillet over medium high heat. Add the **sliced onions** and sauté for 5 minutes. Add the **sliced mushrooms** and sauté for 5 minutes. Then add the **minced garlic cloves, balsamic vinegar, maple syrup, 1 TB water** and cook for 8 minutes or until mushrooms are tender. Season with **salt and pepper to taste**. Reduce the heat to medium low and add in the rinsed and drained can of **chickpeas** and cook for 2 minutes. Add in the **spinach** and stir until spinach is wilted, about 2-3 minutes.
3. To serve, plate polenta and top with the mushroom mixture.

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