



## Spicy Black Beans and Butternut Squash

On a gray and overcast day I love nothing more than to put a big pot of “something” on the stove or in the crock pot. The house smells so good and I get to freeze a bunch of meals for quick dinners on the run. Today it was black beans since I had bought 2 cups of dried black beans on my last trip to the market. We like things spicy around here so I use LOTS of seasonings. You are welcome to adjust this to your own personal tastes. My intent is for this to be a vegetarian dish and the high fiber content of the beans and veggies as well as the “essence” of beans themselves make this a filling dish without the high protein values. You can always add shredded or ground chicken, turkey, beef or pork to increase the protein values. Topping with 0% Greek yogurt, or fat free shredded cheese, also boosts the protein. Whatever you choose to add, don't forget to include the additional calories as well as the protein

### Ingredients:

- 2 cups dried black beans
- 3 cups cubed butternut squash
- 2 14 ½ ounce cans of fire roasted chopped tomatoes with chilies
- 32 ounces vegetable broth
- 2 bell peppers chopped
- 2 large onions chopped
- 1 cup chopped carrots
- 2 cups chopped celery
- 4 cloves garlic crushed
- Small can chopped green chilies
- ½ bag Trader Joe's frozen roasted corn ( or 8 ounces of frozen corn)
- 2 tablespoons cumin
- 1 tablespoon chili powder
- 1 teaspoon coriander
- 2 teaspoon cinnamon
- 2 teaspoons oregano
- 1 tablespoon dried red chili pepper
- 1 tablespoon dried chipotle chili pepper

### Directions:

1. Rinse, clean and soak beans overnight - or, if you don't have the time rinse beans, place in pot on stove and cover with 2-3 inches of cool water. Bring to a boil and boil for 3-4 minutes. Remove from heat and let stand for 1 hour. Drain and use.
2. Spray bottom of soup pot with olive oil spray and sauté onions, garlic, celery, bell peppers( I use orange, red and yellow ones for color in my beans), carrots and butternut squash until onions begin to get translucent. Stir frequently.
3. Add beans, chilies, vegetable broth, corn, tomatoes and seasoning.
4. Bring to a boil. Turn down to simmer and cook for 3-4 hours until beans are done. OR - dump everything into a crock pot and cook on high 3-4 hours and then on low for another hour or so,
5. Serve with a dollop of Greek yogurt and a sprig of cilantro on top or with grated cheese. (Be sure to account for these calories)

**Nutrition:** Makes 8 generous bowls full at around

- **248 calories**
- **12 grams protein and**
- **8 grams fiber.**

You can increase your protein easily by adding 2 ounces shredded chicken to make it around 310 calories and 25 grams protein.