



BUTTERNUT SQUASH CHILLI

WHAT YOU NEED

- ½ butternut squash
- 2 tablespoons of olive oil
- 1 x red onion
- 1 x red pepper
- 1 x red chilli or chilli flakes
- 2 x garlic cloves
- 1 teaspoon cocoa
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ½ pint of chicken or vegetable stock
- ½ mug of coffee
- 1 tin chopped tomatoes
- 1 tin kidney beans in water
- salt and pepper



HOW TO MAKE IT

Warm the olive oil in a large pot. Chop onion and pepper and add to the pot. Add chilli and chopped garlic. Cook over a low heat and stir together for about 5 minutes. Add cocoa, cumin and paprika and cook for another couple of minutes. Add stock, coffee, tomatoes and chopped butternut squash, with salt and pepper. Bring to a simmer and cook for a further 20-30 minutes with no lid so that the liquid reduces. Add drained kidney beans and continue to cook over a very low heat until the chilli is thick and the butternut squash soft. Enjoy with the usual chilli additions - rice or baked potato, tacos, tortillas, sour cream, avocado, fresh coriander, etc.

TIP 😊

You can also use borlotti beans, black beans or black-eyed beans. Add more of less chilli to suit your taste.

