



Butternut Squash Chipotle Chili

Prep Time: 20 min

Cook Time : 60 min

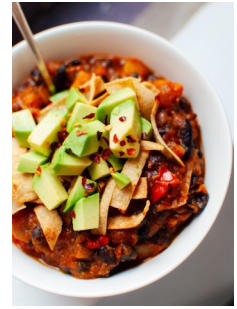
Serves: 4

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
- 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
- 2 (15 oz) cans black beans, rinsed and drained
- 1 (14 oz) can diced tomatoes
- 2 cups vegetable broth, measure out
- Salt & pepper, to taste**
- 1 cup shredded cheddar cheese
- 1 cup crushed tortilla 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 **minced garlic cloves, Chili Spice Blend, and preferred amount of chipotle in adobo sauce** depending on heat level. Stir constantly for 30 seconds.
3. Add the rinsed and drained cans of **black beans, diced tomatoes, and 2 cups of vegetable broth**. Stir to combine, cover and reduce heat to medium low, for 45 minutes, stirring occasionally.
4. Remove lid, and 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 tortilla 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-coarse ground cornmeal
- 1 (13.5 oz) can coconut milk
- 4 cups vegetable broth
- Salt & pepper, to taste**

MUSHROOM TOPPING:

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

POLENTA BASE:

1. In a saucepan over medium high heat, combine the **cornmeal, coconut milk, vegetable broth, and salt and pepper to taste**. Bring to a boil, then reduce heat to a simmer. Stir every 5 minutes for a total of 30 minutes, then remove pan from heat and let sit for 5 minutes before serving.

MUSHROOM TOPPING:

1. Wipe **mushrooms** clean of any dirt and discard the mushroom stems. Slice the **mushrooms**, set aside. Peel and mince the **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 **minced garlic cloves, sliced mushrooms, balsamic vinegar, maple syrup, 1 TB water** and cook for 8-10 minutes or until mushrooms are tender. Season with **salt and pepper to taste**.
3. 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 minutes.
4. To serve, plate polenta and top with the mushroom mixture.

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