

## Veggie Chili with Roasted Winter Squash

The addition of roasted squash to this recipe adds a meaty texture and flavor as well as a big dose of nutrients to this one pot Fall favorite. This recipe has a basic list of ingredients but any number of different vegetables can be added for variety and nutritional value.

- 1 winter squash (Butternut, Acorn or other variety, cut in half and seeded)
- 2/3 cup diced onion
- 2 cups small diced vegetables (zucchini or summer squash, carrots, eggplant, mushrooms, corn, diced tomatoes....what ever is still in season or available. The more variety the greater the flavor and nutritional value).
- 2 teaspoons minced garlic
- One 18 ounce can of diced tomatoes and one small can tomato paste
- 2 18 ounce cans legumes (black or red beans, garbanzos)
- One cup vegetable stock
- 2 tablespoons olive oil
- 2 teaspoons cumin
- 1 tablespoon chili powder
- 1 teaspoon dried oregano
- salt & pepper to taste

Preheat oven to 350'. Rub the cut sides of the squash with olive oil and season with salt & pepper. Place cut side down in a bakeware dish and roast for one hour or until tender. Remove from oven, cool, peel, and cut in medium size chunks. Use one half of the squash for this recipe and save the other half for another recipe.

In a large dutch oven put 2 tablespoons olive oil and heat to medium. Add onion, garlic and the 2 cups diced fresh vegetables. Saute until veggies soften. Add diced tomatoes, tomato paste, vegetable stock, cumin, chili powder, oregano, legumes and chunks of squash. Season with salt & pepper. Add water if chili is too thick. Put lid on dutch oven and simmer over low heat for 30 minutes. As with many of these one pot recipes the chili will improve with flavor if stored overnight.