

Butternut Squash & Poblano Chili

with Toasted Pepitas & Charred Lime

In this warming winter recipe, we're using seasonal ingredients and traditional Mexican spices to create a uniquely flavorful chili. Butternut squash lends the dish sweet, hearty flavor, and tomatillos (a tomato relative) bring a touch of tartness—while toasted pepitas, or pumpkin seeds, add a layer of crunch. Our signature spice blend includes a Mexican maize flour called masa harina, which thickens the chili. And as a truly special touch, we're pan-charring a lime and stirring in its juice for a smoky, bright finish.



Ingredients

- 1½ Cups Cannellini Beans
- 3 Cloves Garlic
- 1 Butternut Squash
- 1 Lime
- 1 Poblano Pepper
- 1 Red Onion
- ½ Pound Tomatillos
- 1 Large Bunch Cilantro

Knick Knacks

- 2 Tablespoons Grated Cotija Cheese
- 2 Tablespoons Pepitas
- 3 Tablespoons Squash Chili Spice Blend
(Masa Harina, Chipotle Chile Powder, Ground Cumin, Ancho Chile Powder & Whole Mexican Oregano)

Makes 2 Servings

About 590 Calories Per Serving

Prep Time: 15 min | Cook Time: 30 to 40 min



1



Prepare the ingredients:

Wash and dry the fresh produce. Halve the lime. Cut off and discard the squash ends. Peel the squash; separate the neck and bulb. Halve the bulb lengthwise; scoop out and discard the pulp and seeds, then medium dice the squash. Peel and small dice the onion. Peel and mince the garlic. Remove and discard the papery husks of the tomatillos; medium dice. Drain and rinse the beans. Pick the cilantro leaves off the stems; discard the stems. Remove and discard the stem, ribs and seeds of the poblano pepper; medium dice. Wash your hands and work surface immediately afterwards.

2



Toast the pepitas:

In a large, high-sided pan (or pot), heat 1 teaspoon of olive oil on medium-high until hot. Add the **pepitas** and cook, stirring occasionally, 2 to 4 minutes, or until toasted and fragrant. Transfer to a paper towel-lined plate; immediately season with salt. Set aside in a warm place. Wipe out the pan.

3



Char the lime:

In the pan used to toast the pepitas, heat 2 teaspoons of olive oil on medium-high until hot. Add the **lime**, cut sides down. Cook 2 to 4 minutes, or until browned and slightly charred. Transfer to a plate and set aside to cool. Wipe out the pan.

4



Start the chili:

In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **squash**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until browned and softened. Add the **poblano pepper, onion and garlic**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened. Add the **tomatillos and spice blend**; season with salt and pepper. Cook, stirring frequently, 1 to 3 minutes, or until softened and fragrant.

5



Finish the chili:

Add the **beans** and **3 cups of water** to the pan of vegetables; season with salt and pepper. Heat to boiling on high. Once boiling, reduce the heat to medium-high and simmer, stirring occasionally, 8 to 10 minutes, or until thickened and slightly reduced in volume. Using a spoon, mash about **half the cooked tomatillos** against the sides or bottom of the pan; stir to combine. Turn off the heat. Stir in **the juice of the charred lime**; season with salt and pepper to taste.

6



Serve your dish:

Divide the **finished chili** between 2 bowls. Garnish with the **cheese, toasted pepitas and cilantro**. Enjoy!