



Chili Three Ways

Dish Type:
Entree

Difficulty:
Medium

Prep Time:
10 minutes

Cook Time:
40 minutes

Serves:
8 - 10

This dish is a favorite of Vermont Foodbank staffer Naomi Galimidi. “Under an hour of cooking gets me 3 nights of dinner,” she says. Each night she serves it with a different starch: over rice once, with cornbread another time, and as nachos a third. “It’s a one pot meal of protein and veggies – it feels healthy and is tasty.”



It’s not technically chili, because Naomi doesn’t put peppers in this dish but you could easily add those. You’ll see two optional items: butternut squash and mushrooms. She also changes up what kinds of beans depending on what she has on hand. Her top choice is 1 can of black-eyed peas and 1 can of black beans. Finally, for a vegetarian option just leave out the meat.

Ingredients:

- 3-4 tbsp Olive oil, divided
- Optional - cubed butternut squash, about 2 cups
- 2 medium onions, chopped
- 1 lb ground beef or turkey
- Salt and pepper to taste
- 2 tsp chili powder
- 1-2 tbsp flour
- 750g chopped tomatoes in carton or can (more is ok, too!)
- ½ tsp cumin
- Cayenne pepper, if desired
- 2 cans beans. Can be black, pinto, kidney, or black-eyed peas
- Optional – 1 pint white button mushrooms, quartered

Directions:

1. (For optional butternut squash addition) Heat about one tbsp olive oil in a saucepan. Add cubed butternut squash, turning occasionally over medium-high heat until golden, about 5 min. Set aside.
2. Heat about one tbsp olive oil in a saucepan. Add chopped onion and lightly salt. Sauté on medium heat until translucent or slightly browning. Set aside.

3. Heat about one tbsp olive oil in a saucepan. Add meat, salt and pepper to taste, and 1 tsp chili powder. Brown over medium heat, chopping and stirring until fully cooked and in small pieces. About 5 minutes. Reduce heat to low and mix in 1 tbsp flour. If needed, add a second tbsp until the meat has a sticky or pasty consistency. (This step will make your chili saucy and not watery. You can also use a paste of corn starch and water.)
4. Add chopped tomato, 1 tsp chili powder, 1/2 tsp cumin. Add more pepper and/or cayenne to taste if desired. Bring to a low simmer.
5. Once simmering, add cooked onion and beans. (If adding mushrooms, drop them now). Simmer on low about 10 minutes, stirring to prevent sticking on the bottom. (If adding mushrooms, allow more time to simmer.)
6. Add squash. Simmer another 5 minutes, stirring occasionally.
7. Top with sour cream, shredded cheddar cheese, and/or cilantro.

Serve alone or with rice, tortilla chips, bread, or cornbread.