



## Spicy Butternut Squash Chili

with Crema & Cilantro Lime Rice



30min



2 Servings

A flavorful AND healthy dinner that only takes about 30 minutes to make? We're here for it. This slightly spicy vegetarian chili has a hearty twist, butternut squash! The butternut adds an unexpected sweetness, along with tender black beans, red onions and smoky chipotle chili powder. After simmering, the chili is served over cilantro-lime jasmine rice and is topped with a creamy Mexican-style crema.



## What we send

- 5 oz jasmine rice
- ½ lb butternut squash
- ¼ oz fresh cilantro
- 15 oz can black beans
- 1 red onion
- garlic
- 1 lime
- 6 oz tomato paste
- ¼ oz chipotle chili powder
- 1 oz sour cream <sup>1</sup>

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- small saucepan
- medium pot

## Allergens

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 630kcal, Fat 11g, Carbs 114g, Protein 17g



### 1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**, bring to a boil over high heat. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



### 2. Prep ingredients

Cut **squash** into ½-inch pieces, if necessary. Finely chop **cilantro leaves and stems**. Rinse and drain **beans**. Finely chop **¾ cup onion**; reserve **1 tablespoon onion** for step 6. Finely chop **1 teaspoon garlic**. Zest the **lime**, then squeeze **2 teaspoons juice**; cut remaining into quarters.



### 3. Cook chili

Heat **2 teaspoons oil** in medium pot over medium-high. Add **onions and garlic**. Cook until fragrant, about 1 minute. Add **squash** and **½ teaspoon salt**; cook, stirring occasionally, until slightly softened, about 3 minutes. Stir in **⅓ cup of the tomato paste**, **¼ teaspoon chipotle chili powder**, **half of the cilantro**, and **1 cup water**. Bring to a boil; simmer until thickened, 5 minutes.



### 4. Make crema

In a small bowl, whisk together **sour cream** and **2 teaspoons lime juice**. Season to taste with **salt** and **pepper**; set aside.



### 5. Finish chili

Stir **beans** into chili and cook until **squash** is tender and flavors have melded, 4-5 minutes more.



### 6. Finish rice & serve

Fluff **rice** with a fork; stir in **lime zest**, **all but 1 teaspoon of the remaining cilantro**, and **1 teaspoon oil**. Spoon **rice** into bowls, serve **butternut squash chili** on top, and garnish with a **drizzle of crema**, **remaining cilantro**, **reserved chopped onions**, and **lime wedges**.