



Peak Season! 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 ¹

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**.