



BUTTERNUT SQUASH CHICKEN CHILI

By Dr. Cindy Tanzar
(Standard)

This is a super hearty, colorful and delicious meal that is easy to make. It just requires a little vegetable chopping. Soups, stews and chilis are great, because they provide several servings throughout your week without having to put in a lot of effort and are a great way to hide or flavor vegetables for pickier eaters. To make things even easier, substitute rotisserie chicken instead of cooking your own chicken first. Just weigh out 18-ounces of the cooked white and/or dark meat chicken instead of 1.5 lbs (24 oz.), as the meat will weigh more raw than cooked.

This recipe makes 6 servings (roughly 1-3/4 to 2 cups – see NOTES) and covers your protein and vegetable for one meal.



INGREDIENTS

- 1.5 lbs. chicken breasts, cooked and diced, (or 18 oz. cooked rotisserie chicken)
- 2 Tbsp avocado oil
- 1 medium butternut squash, peeled and medium diced
- 1 yellow onion, diced



4 cloves of garlic, minced
1 Red Bell pepper, diced (See Notes)
1 Green Bell pepper, diced
2 fresh jalapenos, finely chopped (or 1 4-oz can, diced), optional
2 tsp. cumin
1 tsp. oregano
1 tsp. chili powder
4 oz. can diced green chilies
4 cups organic chicken stock/broth (one 32-oz. box)
1 Tbsp fresh squeezed lime juice
2 Tbsp nutritional yeast (optional, but good)
Pink Himalayan salt & ground pepper, to taste

INSTRUCTIONS

Cook chicken first, dice and set aside. Chop all vegetables before beginning.

In a large pot over medium heat, add the avocado oil. Add the butternut squash and sprinkle with sea salt & pepper, sautéing about 5 minutes or until just beginning to brown and soften.

Add in the diced onion, cooking for 2-3 minutes, then add the garlic, peppers, jalapeno and spices. Stir and sauté for a few minutes until the vegetables are softened. You may need to add 1-2 Tbsp more oil.

Add in the green chilies and chicken broth, bringing to a boil. Stir in the chicken, nutritional yeast and lime juice and lower the heat to a simmer for 5 minutes or until the squash is tender. Adjust sea salt & pepper, to taste.

OPTIONS:

Top with 1/4 diced avocado or 2 Tbsp Genesis Health Solutions Dairy-Free Sour Cream to cover your fat for one meal.



NOTES:

We will always recommend the highest quality first. You don't have to use organic chicken and vegetables. Not all vegetables need to be organic, either. We just recommend organic for those with the highest pesticide residue per the yearly Dirty Dozen/Clean Fifteen report.

Soups and chilis vary in the number of servings based on liquid, size of the vegetables, etc. You can portion it out into 6 equal servings or roughly serve 1-3/4 to 2 cups.