

# Poblano and Butternut Squash Chili

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## Servings: 8

*3 cups butternut squash, chopped and peeled*  
*1 large (or 2 medium) poblano peppers, cut into halves, seeds and stems removed*  
*2 tablespoons olive oil, divided*  
*1 teaspoon salt, divided*  
*freshly ground black pepper*  
*1 medium onion, chopped*  
*2 banana peppers, chopped*  
*1 jalapeno, seeds removed and thinly sliced*  
*2 cloves garlic, minced*  
*1 cup dry beans (kidney, black or pinto), presoaked*  
*water*  
*2 teaspoons ground allspice*  
*1 teaspoon ground cumin*

Preheat the oven to 425 degrees.

Spread the squash and poblano peppers on a baking sheet. Drizzle with one tablespoon of olive oil. Sprinkle with 1/2 teaspoon of salt and pepper. Roast about 20 minutes, until the squash is browned and the pepper skins are blistered. Let cool. Remove the pepper skins. Chop the peppers and set aside with the squash.

Heat the remaining olive oil in a large saucepan over medium heat. Add the onion, banana peppers, jalapeno and garlic. Add 1/2 teaspoon of salt and pepper. Cook until the onion is translucent. Add the dry beans. Stir until coated.

Pour in water, covering the beans by at least two inches. Add the roasted poblano. Simmer until the beans are tender, about two hours, adding more liquid as necessary. When the beans are tender, add the squash.

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Per Serving (excluding unknown items): 69 Calories; 4g Fat (43.4% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 272mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	69	Vitamin B6 (mg):	.2mg 0mcg
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% Calories from Fat:	43.4%
% Calories from Carbohydrates:	50.4%
% Calories from Protein:	6.2%
Total Fat (g):	4g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	9g
Dietary Fiber (g):	2g
Protein (g):	1g
Sodium (mg):	272mg
Potassium (mg):	278mg
Calcium (mg):	40mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	41mg
Vitamin A (i.u.):	4202IU
Vitamin A (r.e.):	420RE

Vitamin B12 (mcg):	
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	23mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

## Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 69 Calories from Fat: 30

### % Daily Values\*

<b>Total Fat</b>	4g	6%
Saturated Fat	trace	2%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	272mg	11%
<b>Total Carbohydrates</b>	9g	3%
Dietary Fiber	2g	7%
<b>Protein</b>	1g	

<b>Vitamin A</b>	84%
<b>Vitamin C</b>	68%
<b>Calcium</b>	4%
<b>Iron</b>	4%

\* Percent Daily Values are based on a 2000 calorie diet.