

Black Walnut Chili

Serves 6

Ingredients

- 1/2 Tbsp olive oil
- 1 onion, chopped
- 3 garlic cloves, minced
- 1 red bell pepper, chopped
- 2 1/2 tsp chili powder (or more)
- 1 tsp cumin
- 1 tsp oregano
- 2 cups black walnuts, soaked and dried (or more)
- 3 cups vegetable broth
- 1 14.5 oz can diced tomatoes (not drained)
- 3 cups butternut squash, peeled and diced
- 2 Tbs nutritional yeast
- salt & pepper to taste (I used 1 1/2 tsp salt and 1/4 tsp pepper)
- Toppings: chopped tomato, cilantro, minced red onion, avocado, cheese, sour cream, etc.



Instructions

1. Heat olive oil over medium heat in a large pot. Add the onion and sautee until translucent. Add garlic and bell peppers and continue to cook, stirring frequently, until fragrant, 3 - 5 minutes.
2. Add the chili powder, cumin, oregano and black walnuts, stirring to coat the nuts in the spices, another 5 or so minutes.
3. Add the broth, canned tomatoes, butternut squash, and nutritional yeast. Bring to a boil, then turn heat to low and simmer for 15 - 20 minutes, or until butternut squash is desired tenderness. Leaving the lid off the pot will allow some of the excess liquid to cook off; or cover if you prefer a soupier chili.
4. Salt and pepper to taste, and serve with preferred toppings.