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Butternut, Black Bean & Sausage Chili

(adapted from www.epicurious.com)

- 3 lbs ground Italian sausage
- 2 tablespoons olive oil
- 1 large onion, diced
- 6 cups butternut squash, diced
- 8 cloves garlic, minced
- 1 1/2 cups chicken stock
- (2) 28 ounce cans Crushed Tomatoes
- 28 ounce can Diced Tomatoes
- (2) 15 ounce can black beans, rinsed and drained
- (2) 15 ounce can dark red kidney beans, rinsed and drained
- 2 tsp ground chipotle pepper
- 2 Tbs ground cumin
- 2 Tbs chili powder

Heat a dutch oven or large soup pot over medium-high heat. Add the sausage and cook, breaking up with a wooden spoon, until browned and cooked through, about 6 minutes. Transfer the sausage to a bowl and set aside.

Add olive oil to dutch oven and heat over medium heat. Add onion, butternut and garlic and cook, stirring frequently, until veggies begin to soften, about 6 minutes. Add chicken stock to pot to deglaze, scraping up any browned bits on the bottom of the pot. Then add crushed and diced tomatoes, black and kidney beans, and spices. Return sausage to the pot. Stir everything to combine. Bring to a boil. Reduce heat, cover and simmer, stirring occasionally, 15 minutes, until flavors are combined and squash is tender.

Simple Arugula Salad

- 1 Tbs Olive Oil
- 1/2 Tbs Apple Cider Vinegar
- 4 cups Arugula
- Pumpkin seeds

Whisk the first 4 ingredients together in a large bowl. Add the arugula & cucumber - toss & serve ;-)

Wine Pairing Recommendation

A buttery chardonnay pairs with the fennel in the sausage and the butternut squash perfectly. Bonterra Organic Chardonnay is a favorite ;-)) Cheers!