

Beef Chili with Butternut Squash

(Makes 6 servings)

With a perfect flavor balance between the sweetness of the squash and the heat of the chili, this one-pot meal will please adults and children alike. To peel the butternut squash quickly and easily, use a sharp paring knife or a vegetable peeler.



Ingredients:

- 1 pound ground sirloin
- 1 medium onion, chopped
- 1 red bell pepper, seeded and chopped
- One 14 ½ -ounce can no-salt-added diced tomatoes with juice
- 1 small butternut squash chopped into ½ -inch dice (about 3 ½ cups)
- 1 ½ tablespoons tomato paste
- 2 teaspoons dried oregano
- 1 tablespoon ground cumin
- 1 tablespoon chili powder
- Two 15-ounce cans black beans, rinsed and drained
- 3 garlic cloves, minced
- ½ jalapeno, seeded and minced, optional
- ½ cup chopped fresh cilantro, plus 6 sprigs for serving
- 3 scallions, white parts and 3 inches of the green, thinly sliced
- 1/3 cup light sour cream
- ½ cup shredded low-fat Cheddar cheese

Directions:

- 1) Sauté the beef, onion, bell pepper, and tomatoes in a large Dutch oven over medium-high heat, stirring to break up the meat.
- 2) Drain the meat and vegetables in a colander and return to the pot.
- 3) Add the squash, 2 cups of water, tomato paste, oregano, cumin, chili powder, beans, and garlic. Bring to a simmer.
- 4) Continue to cook for about 20 minutes, stirring occasionally, until the squash is tender. Add the jalapeno, if using, and the cilantro; simmer for 10 minutes. Add more water if needed.
- 5) Ladle the chili into soup bowls. Garnish each bowl with a cilantro sprig. Pass the scallions, sour cream, and cheese.

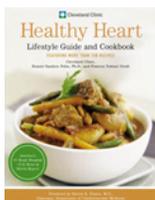
Nutritional Analysis: (per serving)

- Calories: 300 (18% calories from fat)
- Total Fat: 6 g
- Saturated Fat: 2.5 g
- Protein: 26 g
- Carbohydrates: 44 g
- Dietary Fiber: 14 g
- Cholesterol: 46 mg
- Sodium: 518 mg
- Potassium: 996 mg

Dieticians Note:

The chili is equally good made with white meat turkey, chicken or buffalo.

Source:



This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.