

## White Bean and Squash Chili

Serves 6

### Ingredients:

1 large onion, chopped  
2 red bell peppers, chopped  
4 cloves minced garlic  
1 tablespoon ground toasted cumin—see notes for the young cook below  
2 tablespoons toasted ancho chili powder—see notes for the young cook below  
4 15-ounce cans White beans, Great Northern, Cannellini, or Navy, rinsed and drained  
1 medium butternut squash, peeled, seeded and diced  
5 cups **Wellness Forum Health Certainly Not Chicken Broth**, more as needed  
Sea salt and black pepper to taste

### Directions:

- Sauté the onion in a large sauce pan for 5 minutes over medium high heat until the onions start to brown. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking.
- Add the red bell pepper and cook another 5 minutes.
- Add the garlic, cumin, and chili powder and cook another minute.
- Add the beans, squash and vegetable stock and cook, covered, until the squash is tender, about 10-12 minutes.
- Season with sea salt and black pepper, and cook another 10 minutes.