

Recipes

Family Nutrition Program

K-STATE
Research and Extension



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Butternut Squash and Turkey Chili

(10 servings or 3 quarts)

- 2 Tbsps olive oil
- 1-1/2 cups chopped onion
- 2 cloves garlic, minced
- 1 lb ground turkey (mix of light & dark meat works best)
- 1 (1 lb) butternut squash, peeled & cut into 1" cubes
- 1-1/4 cups low-sodium chicken broth
- 1 (4.5 oz) can chopped green chiles
- 2 (14.5 oz) cans petite diced tomatoes
- 1 (15 oz) can kidney beans, drained & rinsed
- 1 (15-15.5 oz) can white hominy, drained & rinsed
- 1 (8 oz) can tomato sauce
- 1 Tbsp chili powder
- 1 Tbsp cumin
- 1 tsp garlic salt

Wash your hands and work area.

Heat oil in a heavy 5-qt pot over medium heat. Add onion & garlic & cook, stirring, 3 minutes. Add turkey & cook, stirring, breaking up lumps, until no longer pink, about 5 minutes.

Add remaining ingredients & bring to a simmer. Reduce heat to medium-low & cook, covered, until squash is tender, about 20 minutes.

Note: *This chili can be made 3 days ahead & chilled, covered, or frozen for up to 2 months.*

Pumpkin and all types of winter squash are interchangeable in most recipes.

Nutrition Facts:

Per 1 cup serving
Total Fat 7.4g S
odium 620mg
Fiber 5.5g

Calories 199
Cholesterol 34mg
Carbohydrates
22.5g Protein 3g