



Vegan

3 SISTERS CHILI

with butternut squash



Ingredients

Time: 30 Min

Servings: 4-6

- Butternut squash
- 1 onion
- 1 red pepper
- 1 jalapeño
- 1 can black beans
- 1 can kidney beans
- Fresh cilantro
- Fresh celery
- Chili seasoning cup
- 1 tbsp garlic
- 1 tbsp oil
- 1 cup corn
- 2 can tomatoes
- 1 vegetable bouillon



Things you will need (not in the box):

- 1 Large pot/pan **with lid**
- Can opener

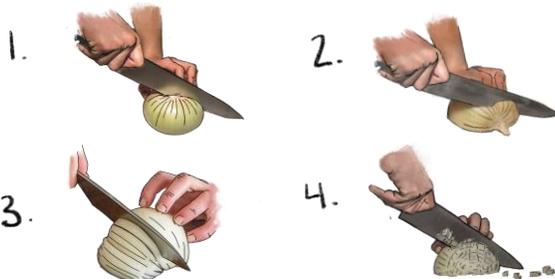


Directions

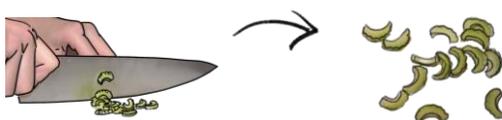
1. Chop the Veggies

A. Always wash your hands before cooking!

B. Cut the onion

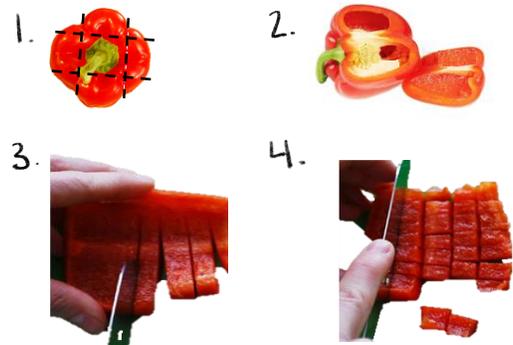


C. Rinse and cut the **celery**

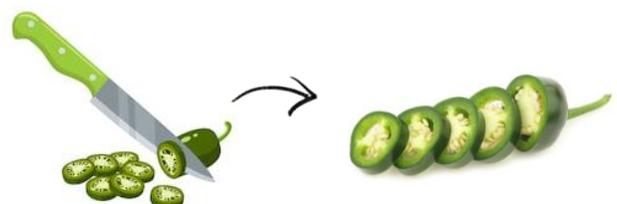


2. Chop more Veggies

A. Rinse and cut the **pepper**



B. Rinse and cut the **jalapeño**



C. Chop the **cilantro** and set aside

3. Make the Stock

A. Heat the **oil** in a large pot or pan (you'll need a lid later) on med-high heat (1 min)

B. Add the **onion, garlic, celery, pepper,** and **bouillon** and cook till onion is clear (5-6 min)



C. Stir in the **butternut squash** and the **jalapeño** slices



Add the jalapeños later if you want it to be more spicy; if you don't like spicy, leave them out!

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4. Cook the Chili

A. Drain and rinse the **kidney beans and black beans** and stir them into the pot

B. Add both cans of **tomatoes** (juices and all), the **corn**, the **seasoning mix** and stir it all up



C. Put the lid on and turn the heat down low to a simmer (just bubbling) and cook for 25 min, stirring occasionally

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5. Top it Off

A. Sprinkle **cilantro** on top

B. Turn off the stove and serve in bowls

Eat Well!

Nutrition Facts

Servings: 4

Amount per serving

Calories **608**

% Daily Value*

Total Fat 9.7g 12%

Saturated Fat 1.4g 7%

Cholesterol 0mg 0%

Sodium 698mg 30%

Total Carbohydrate 107.2g 39%

Dietary Fiber 25.5g 91%

Total Sugars 16.4g

Protein 29.5g

Vitamin D 0mcg 0%

Calcium 256mg 20%

Iron 11mg 61%

Potassium 2227mg 47%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.



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EATWELL

EAT FRESH · EAT EASY · EAT WELL

Our mission is to make healthy eating more available to families

OUR SOLUTION

EatWell offers families an easy, affordable way to cook a healthy and homemade dinner. Our solution is a *meal kit*, a box complete with a **thirty-minute, one-pot recipe** and all the fresh ingredients to cook a wholesome dinner for four. Our recipes and ingredients are nutritionally balanced and community informed to deliver a proper diet everyone can enjoy!

OUR VISION

By making our meal kits available for pickup from convenient pop-up *kiosks* in food insecure communities, we can alleviate the burdens of high cost and inconvenience and make a nutritious dinner easier, ensuring happy bellies and healthy bodies!

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