1. Chop the Veggies
   A. Always wash your hands before cooking!
   B. Cut the onion
      1. 
      2. 
      3. 
      4. 
   C. Rinse and cut the celery

2. Chop more Veggies
   A. Rinse and cut the pepper
      1. 
      2. 
      3. 
      4. 
   B. Rinse and cut the jalapeño
   C. Chop the cilantro and set aside

Things you will need (not in the box):
- 1 Large pot/pan with lid
- Can opener

Ingredients:
- 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

Time: 30 Min
Servings: 4-6
### 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!

### 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

### 5. Top it Off

**A.** Sprinkle cilantro on top

**B.** Turn off the stove and serve in bowls

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>608</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>8.7g</td>
<td>12%</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<td>Total Carbohydrate</td>
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<td>Dietary Fiber</td>
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<tr>
<td>Total Sugars</td>
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<tr>
<td>Protein</td>
<td>20.5g</td>
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</tbody>
</table>

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

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**Eat Well!**

**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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