



Butternut-Bulgur Chili

From: Jeff Spurgess

Serves: 20+

Prep Time: 30 min

Cook Time: 1.5 hours

Instructions

- 1) Preheat oven to 450°F. Line two large shallow baking pans with parchment paper or foil. Spread tomatoes, onions, poblano halves, jalapeño halves, and garlic on prepared pans. Sprinkle with vinegar. Roast, uncovered, 30 minutes or until poblanos and onions are slightly charred. Cool slightly.
- 2) Meanwhile, in a huge pot combine the next eight ingredients (through cumin). Bring to boiling; reduce heat. Cover and simmer 25 minutes or until squash is tender, stirring occasionally.
- 3) Transfer roasted vegetables, in batches, to a blender. Cover and blend until smooth. Transfer to pot. Bring to boiling; reduce heat. Cover and simmer 15 minutes, stirring occasionally.
- 4) Season with salt and black pepper. Serve chili topped with pepitas, scallions, and cilantro.

Notes

Ingredients

- 8 lb. roma tomatoes, quartered
- 4 cups coarsely chopped onions
- 8 fresh poblano peppers, halved, stemmed, and seeded
- 2 fresh jalapeño chile, halved, stemmed, and seeded
- 12 cloves garlic, peeled
- 4 tablespoons apple cider vinegar
- 8 cups low-sodium vegetable broth
- 8 cups cubed butternut squash (½-inch cubes)
- 4 15-oz. cans no-salt-added pinto beans, rinsed and drained (3 cups)
- 1.5 cups uncooked whole grain bulgur
- 4 teaspoons unsweetened cocoa powder
- 4 teaspoons chili powder
- 4 teaspoons dried oregano, crushed
- 2 teaspoon ground cumin
- Sea salt, to taste
- Freshly ground black pepper, to taste

Toppers:

- Roasted pepitas
- Sliced scallions
- Chopped fresh cilantro

