

Bean and Winter Squash Chili

1 cup 15-bean mixture - soaked overnight and drained (see note)	15 ounces can stewed tomatoes
7 cups water	¼ cup tomato paste
1 tablespoon canola oil	1 tablespoon dried oregano
1 large red onion, diced	1-2 tablespoons chili powder
1 large green or red bell pepper, seeded and diced	1 ½ teaspoons ground cumin
2 stalks celery, diced	1 teaspoon freshly ground black pepper
2-3 cloves garlic, minced	1 teaspoon salt
2 cups peeled and diced butternut squash	

In a large saucepan, combine 15-bean mixture and water; bring to a simmer. Cook uncovered over medium-low heat, stirring occasionally, until beans are tender, about 1 ½ hours. Drain; reserve 3 cups cooking liquid. In another large saucepan, heat oil. Add onion, bell pepper, celery and garlic; sauté 5 to 7 minutes. Sire in cooked beans, cooking liquid, squash, stewed tomatoes, tomato paste and seasonings. Cook 30 minutes over low heat, stirring occasionally,. Remove from heat, cover and stand 5-10 minutes before serving.

Note: 15-bean mixtures are available packaged in supermarkets. If you prefer, make your own by combining equal amounts of dried black-eyed peas, red kidney beans, cannellini beans, green lentils, split peas, black beans, yellow split peas, navy beans, cranberry beans, great northern beans, pinto beans. Small white limas, red lentils, pink peas. Avoid using beans such as garbanzos and large lima beans as these take longer to cook than other varieties.

Serves 6

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