



Slow-Cooker Butternut Black Bean Chili



1/8th of recipe (about 1 heaping cup): 173 calories, 0.5g total fat (0g sat. fat), 532mg sodium, 35g carbs, 9g fiber, 8.5g sugars, 8g protein

Prep: 15 minutes **Cook:** 3 - 4 hours on high or 7 - 8 hours on low



More: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

- One 14.5-oz. can fire-roasted tomatoes (not drained)
- 2 1/2 cups canned crushed tomatoes
- 2 tsp. chopped garlic
- 2 tsp. chili powder
- 1 1/2 tsp. ground cumin
- 1/8 tsp. salt
- Two 15-oz. cans black beans, drained and rinsed
- 4 cups peeled butternut squash, cut into bite-sized pieces (about 3/4 of a medium squash)
- 1 cup chopped red onion
- 1 cup chopped red bell pepper
- 1/4 cup seeded and chopped jalapeño pepper (about 1 medium pepper)
- Optional toppings: fresh cilantro, light sour cream

Directions

Pour both types of tomatoes into a slow cooker. Add garlic and seasonings. Mix well.

Add remaining ingredients, and gently stir.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until veggies have softened.

MAKES 8 SERVINGS

HG Tips: Look for pre-cut butternut squash in the produce aisle, or [click here](#) for squash-cutting tips. And when handling jalapeños, don't touch your eyes (that pepper juice can sting), and wash your hands well immediately afterward.

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