



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

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

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



Tagged: [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.

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.