



BUTTERNUT SQUASH, BLACK BEAN & MUSHROOM CHILI						
INGREDIENT	QUANTITY	CALS	PROT. (g)	CARBS (g)	FATS (g)	
GROUND TURKEY (EXTRA LEAN)	450g / 1lb	687	86	0	33	
GROUND VEAL (LEAN)	450g / 1lb	676	87	0	30	
CREMINI MUSHROOMS	900g (2 packges)	198	22	37	1	
ONION	1, medium sized	60	1	16	0	
BUTTERNUT SQUASH	1 medium sized (1lb)	225	4.5	52.7	0.5	
DRIED ANCHO CHILI	3	141	8	26	4.2	
GARLIC	3 cloves	9	0.5	2	0	
TOMATO PASTE	1 can, 156ml	123	6.5	28	0.75	
TOMATO PUREE	1 bottle, 660ml	158	10.5	32	0	
BLACK BEANS	540 ml (1 can)	389	26	78	2	
JALAPENO PEPPER	1	7	0.23	1.6	0.1	
BELL PEPPER (RED, YELLOW, ORANGE)	3	98	4.2	22.8	1	
OLIVE OIL	1 tbsp	120	0	0	13.5	
BATCH TOTAL CALS & MACROS		CALS	PROT. (g)	CARBS (g)	FATS (g)	
		2891	256.43	296.1	86.05	
PER SERVING TOTAL CALS & MACROS		#OF SERVINGS	CALS	PROT. (g)	CARBS (g)	FATS (g)
		6	481.83	42.74	49.35	14.34
		7	413.00	36.63	42.30	12.29
		8	361.38	32.05	37.01	10.76
		MACRO RATIO	35%	40%	25%	

### INSTRUCTIONS

**TIP: FOR MORE SPICE, UP THE CAYENNE PEPPER, FOR LESS, LEAVE IT OUT COMPLETELY**

**CHILI SPICE:** 1 TBSP EACH: UNSWEETENED COCOA POWDER, CUMIN, CHILI POWDER, DRIED OREGANO 1/2 TBSP EACH: ONION POWDER, GARLIC POWDER, BLACK PEPPER 1/2 TSP EACH: CINNAMON, CAYENNE PEPPER (OPTIONAL)

**PREP:** FILL A SMALL TO MEDIUM SIZED SAUCE PAN WITH ENOUGH WATER TO COVER THE DRIED ANCHO CHILIS. BRING TO BOIL, ONCE WATER IS BOILING TAKE THE PAN OFF THE HEAT, COVER, AND LET ANCHOS SOAK FOR AT LEAST 20 MIN. WITH SLOTTED SPOON REMOVE SOAKED CHILIS FROM PAN (DO NOT DISCARD LIQUID) AND CAREFULLY REMOVE STEMS. PUT THE SOAKED ANCHOS, 3 GARLIC CLOVES, TOMATO PASTE, TOMATO PUREE, SPICE BLEND, AND 1 CUP OF THE ANCHO CHILI WATER INTO A BLENDER OR FOOD PROCESSOR AND BLEND ON HIGH UNTIL IT FORMS A LOOSE PUREE (ABOUT THE CONSISTENCY OF KETCHUP - ADD MORE LIQUID A BIT AT A TIME UNTIL YOU GET THE DESIRED CONSISTENCY). PEEL, CLEAN, AND DICE (1/2" CUBES) THE BUTTERNUT SQUASH. RINSE AND STRAIN THE BLACK BEANS, DICE THE MUSHROOMS, ONIONS, PEPPERS, & JALAPENO.

**TIP: IF YOU DON'T OWN A FOOD PROCESSOR OR BLENDER, CHOP THE ANCHO CHILLIS AND GARLIC UP AS FINE AS YOU CAN WITH A KNIFE AND ADD EVERYTHING TO POT WITH ALL THE OTHER VEGGIES**

**STEP 1:** HEAT OLIVE OIL IN A LARGE POT OR DUTCH OVEN ON MED-HIGH HEAT. ADD ONION, JALAPENO, AND BELL PEPPERS. ADD A PINCH OF SALT AND SAUTEE UNTIL ONIONS ARE TRANSLUCENT AND PEPPERS HAVE SOFTENED.

**STEP 2:** ADD ALL THE GROUND MEAT AND BREAK IT UP AS YOU SAUTEE UNTIL MEAT IS BROWNED. ADD MUSHROOMS, PEPPERS, JALAPENO, BLACK BEANS, & ANCHO PUREE MIXTURE. MIX WELL AND BRING TO A BOIL (AT THIS POINT YOU CAN ADD MORE OF THE ANCHO CHILE WATER IF YOU FEEL THERE'S NOT ENOUGH LIQUID)

**STEP 3:** TURN THE HEAT DOWN TO MED-LOW AND LET SIMMER UNCOVERED FOR AT LEAST 2 HOURS (UP TO 3 HOURS FOR A THICKER CHILI), USE THE ANCHO CHILI WATER OR PLAIN WATER TO ADJUST THE CONSISTENCY TO YOUR TASTE THROUGHOUT THE COOKING PROCESS.

**STEP 4:** PORTION AND SERVE WITH A SIDE SALAD