Vegetarian

Meal 1: Slow cooker butternut squash porter chilli

by Kare Raye from ohmyveggies.com

<https://ohmyveggies.com/slow-cooker-butternut-squash-chili-with-porter/>

This version takes a cozy cue from fall, with butternut squash, black beans and a jolt of straight-up beer. I chose porter because of its chocolate and coffee notes, both welcome flavors in dark, hearty chili. If you can’t find a good porter, its cousin the stout should work nicely instead. There are optional toppings such as sour cream, yogurt, cheese, cilantro and avocado that goes very well with this dish.

INSTRUCTIONS:

2 medium onions, diced

2 jalapeno pepper, seeded and minced

4 tablespoons chilli powder

2 tablespoon ground cumin

1 teaspoon ground coriander

2 cup porter beer

2 can diced tomatoes

6 cups cooked black beans, rinsed and drained (or about 4 cans)

2 small butternut squash (3 pounds), peeled, seeded and cubed

INSTRUCTIONS

Add all ingredients (except toppings) to the slow cooker.

Cook on low for 8-10 hours. Taste and add additional salt and

pepper if desired. Serve with assorted optional toppings. That's it!