



Butternut Squash Chili with Quinoa and Peanuts#

Serving: 5

Veg

Ingredients

- 3 pounds butternut squash, peeled, seeded, and cut into 12-inch pieces
- 2 onions, cut into 1/2-inch pieces
- 6 tablespoons vegetable oil
- Salt and pepper to taste
- 5 cups water, plus extra as needed
- 1/2 cup dry-roasted salted peanuts,
- chopped 1 large red bell pepper, stemmed, seeded, and cut into 1/2-inch pieces
- 1 jalapeño chile, stemmed, seeded, and minced
- 2 tablespoons grated fresh ginger
- 3 garlic cloves, minced
- 1/4 teaspoon ground cinnamon 4 teaspoon ground coriander
- 2 teaspoon cayenne pepper
- 1 (14.5-ounce) can diced tomatoes
- 1 (14 ounce) can coconut milk
- 1 cup prewashed white quinoa
- 1/4 cup minced fresh cilantro or parsley

Preparation Method

- 1 Adjust oven racks to upper-middle and lower-middle positions and heat oven to 450 degrees. Toss squash, onions, 1/4 cup oil, 1 teaspoon salt, and 1/2 teaspoon pepper together in bowl. Spread vegetables in even layer over 2 rimmed baking sheets. Roast veg etables, stirring occasionally, until tender, 45 to 50 minutes, switching and rotating sheets halfway through roasting.
- 2 Process 1/2 cup roasted vegetables, 2 cups water, and 4 cup peanuts in food processor until smooth, about 1 minute
- 3 Heat remaining 2 tablespoons oil in Dutch oven over medium high heat until shimmering. Add bell pepper, jalapeño, and 2 teaspoons salt and cook until peppers start to soften, about 5 minutes. Stir in ginger, garlic, cinnamon, coriander, cayenne, and 4 teaspoon pepper and cook until fragrant, about 30 seconds
- 4 Stir in tomatoes and their juice, coconut milk, quinoa, and remaining 3 cups water and bring to boil. Reduce heat to low and simmer, stirring occasionally, until quinoa is tender, about 15 minutes.
- 5 Stir in pureed vegetable mixture and remaining roasted veg etables and let heat through, about 3 minutes. Season with salt and pepper to taste. Adjust consistency with additional hot water as needed. Serve, sprinkling individual bowls with cilantro and remaining 1/2 cup peanuts