

Southwestern Chili

Chili is one of those recipes that has endless delicious variations. We asked Max for his favorite Southwestern spin, and he came up with this recipe, with a classically seasoned tomato base chock full of black beans, roasted butternut squash and fresh spinach. Topped with cheddar cheese, it's a classic recipe you'll want to eat again and again.

35 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan or
Stockpot

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Black Beans
Spinach
Squash & Onions
Seasoned Tomatoes
Cheddar Cheese

Make The Meal Your Own

This is a great make-ahead dinner. Cook the chili up to two days in advance. When it's time for dinner, just heat and serve topped with the shredded cheese.

Dedicated omnivores can add their favorite ground meat – beef, pork and turkey are all at home in this chili.

This chili is flavorful but not spicy. If you'd like to add an extra kick, a pinch of crushed red pepper is the perfect thing.

Good To Know

If you're making the vegan version, we've skipped the cheese.

Health snapshot per serving – 380 Calories, 20g Protein, 5g Fat, 66g Carbs, 11 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Tomato, Butternut Squash, Spinach, Black Beans, Onion, Cheddar Cheese, White Wine, Cilantro, Chipotle Peppers, Vegetable Base, Garlic, Herbs and Spices

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1. Getting Organized

Heat 2 Tbsp oil in a large saucepan or stockpot on high heat.

2. Make the Chili

Add the **Squash & Onions** to the hot oil and cook for 10 minutes, stirring occasionally, until the onions are translucent and the squash is lightly caramelized on the edges. Add the **Seasoned Tomatoes** and 1 ½ cups water to the pot and bring to a boil. Add the **Black Beans** and reduce the heat to a simmer. Cook, uncovered, until slightly thickened, about 15 minutes.

If you want to add even more flavor to your chili, Chef Max suggests replacing the water with vegetable or chicken stock.

3. Put It All Together

Add the **Spinach** in batches and allow each handful to wilt slightly before adding the next. Cover the chili and cook until the spinach is incorporated, 2 to 3 minutes.

Add the spinach one handful at a time and keep stirring so it doesn't clump.

Serve topped with **Cheddar Cheese**. Enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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