

Low-Point Butternut-Squash Chicken Chili

Ingredients:

- 2 Tbs olive oil, divided
- 2 cups, cubed peeled butternut squash
- 2 Tbs minced garlic
- 1 cup chopped yellow onion
- 1/2 cup chopped red pepper
- 1 Tbs minced jalapeno peppers
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- 1 tsp. freshly ground black pepper
- 3/4 tsp. kosher salt
- 4 cups unsalted chicken stock
- 2 cups cannellini beans, rinsed, drained, and divided
- 1 lb. shredded boneless skinless chicken breast
- 3 Tbs chopped fresh cilantro

Heat a large dutch oven or large sauce pan over medium-high heat. Add 1 tablespoon olive oil and swirl to coat. Add squash and sauté for about 10 minutes or until lightly browned on all sides. Remove squash from pan and set aside.

Add remaining 1 tablespoon olive oil to pan. Add the garlic and next 7 ingredients (through kosher salt) to pan; sauté until vegetables are tender. Add chicken stock and bring to a boil. Reduce heat to medium-low and let simmer for 10 minutes.

Place one cup of the cannellini beans in a small shallow bowl and mash with a potato masher or fork. Add mashed beans, remaining 1 cup beans, and reserved squash to pan. Cook 3 to 4 minutes. Stir in chicken and cook until heated through. Enjoy a bowl with fresh cilantro on top!

Total servings - 6

Serving size - 1

Points per serving - 4

Points plus per serving - 5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"Autumn is a second spring where every leaf is a flower."
- Albert Camus***

