

bon appétit

RECIPES & MENUS | Recipes

Black Bean Chili with Butternut Squash

Make it a meal: Continue the Cali fantasy with whole grain bread, an arugula salad with mushrooms and garlicky vinaigrette, and Sierra Nevada Pale Ale.

10 SERVINGS

PREP TIME: 1 HOUR TOTAL TIME: 3 HOURS 30 MINUTES

RECIPE BY Jeanne Kelley

PHOTOGRAPH BY Marcus Nilsson

FEBRUARY 2011



INGREDIENTS

- 1 1/2 tablespoons olive oil
- 2 onions, chopped
- 8 garlic cloves, chopped
- 2 1/2 tablespoons chili powder
- 1 tablespoon ground coriander
- 2 14.5-ounce cans fire-roasted tomatoes
- 1 pound dried black beans, rinsed

2 chipotle chiles from canned chipotle chiles in adobo, minced
2 teaspoons dried oregano (preferably Mexican)
Coarse kosher salt
1 2 1/4-pound butternut squash, peeled, seeded, cut into 1/2-inch cubes (about 3 cups)
1/2 cup quick-cooking bulgur
Sour cream
Coarsely grated hot pepper Monterey Jack cheese
Diced red onion
Chopped fresh cilantro
Pickled jalapeño rings

INGREDIENT INFO

Chipotle chiles in adobo can be found at some supermarkets and at Latin markets. Look for bulgur at supermarkets and natural foods stores.

TEST-KITCHEN TIP

Your black bean chili is only as good as your black beans. For this recipe, consider using heirloom black beans. These old varieties have a more intensely earthy flavor that you just don't get in non-heirloom beans. Two to try: Midnight Black Beans from legume powerhouse Rancho Gordo and Heirloom Black Turtle Bean Seed from LocalHarvest.

PREPARATION

Heat oil in heavy large pot over medium-high heat. Add onions and cook until soft and beginning to brown, stirring often, about 8 minutes. Add garlic; stir 1 minute. Sprinkle chili powder and coriander over; stir 1 minute. Stir in tomatoes with juice, beans, chipotles, and oregano. Add 10 cups water. Bring to boil, reduce heat to low, cover with lid slightly ajar, and simmer until beans are tender, stirring occasionally, about 2 hours (time will vary depending on freshness of beans). Season to taste with coarse salt and freshly ground black pepper. **DO AHEAD** *Chili can be made up to 2 days ahead. Cool slightly. Refrigerate uncovered until cold, then cover and keep chilled. Rewarm chili before continuing.*

Stir squash and bulgur into chili. Simmer uncovered over medium-low heat until squash and bulgur are tender, about 30 minutes. Season to taste with salt and pepper. Divide chili among bowls. Serve with sour cream, cheese, red onion, cilantro, and pickled jalapeño rings.

Hungry for More? If you have a question about this recipe, contact our Test Kitchen at askba@bonappetit.com. To see more recipes like this one, check out our Super Bowl Favorites Slideshow.

NUTRITIONAL INFORMATION

One serving contains:

Calories (kcal) 230.1

%Calories from Fat 12.4

Fat (g) 3.2

Saturated Fat (g) 0.5

Cholesterol (mg) 0

Carbohydrates (g) 43.9

Dietary Fiber (g) 12.5

Total Sugars (g) 6.5

Net Carbs (g) 31.4

Protein (g) 10.9

Sodium (mg) 232.1

KEYWORDS: Dinner, Vegetarian Recipes, Chili Recipes, American Food, Super Bowl Food
