



## BISON AND BUTTERNUT SQUASH CHILI

Serves 4  484 calories per serving

### INGREDIENTS

1 tbsp	vegetable oil
1 large	bell pepper, diced
1 small	onion, diced
1 lb	frozen ground bison (can substitute any ground meat)
2 cups	butternut squash, cubed (can substitute any winter squash)
1 can (6 oz.)	tomato paste
1 can (14.5 oz.)	diced tomatoes
1 packet (1 oz.)	chili spice blend
1/2 cup	sour cream
1/4 cup	cheddar cheese, shredded
1/4 cup	cilantro, chopped (optional)



To make 8 servings, double the measurements and use bigger pots, pans, and bowls.



#### WE WANT TO KNOW WHAT YOU THINK!

Please provide feedback on your Cook WA Meal Kit experience by going to: [www.surveymonkey.com/r/CookWA](http://www.surveymonkey.com/r/CookWA) or using the QR code to the left.

*Recipe created by Elizabeth Campbell who serves as Squaxin Island Tribe's garden production supervisor. Elizabeth is a Spokane Tribal Member who grew up harvesting wild native foods with her family. She now specializes in growing and teaching about healthy foods and traditional plants for medicine.*

Seasonings included in this recipe were produced by SA Milligan Company, Inc. For a full list of seasoning ingredients, please visit [agr.wa.gov/services/food-access/cookwa](http://agr.wa.gov/services/food-access/cookwa)



Washington  
State Department of  
Agriculture

# BISON AND BUTTERNUT SQUASH CHILI

## PREP



- ❑ Thaw ground meat in fridge 1-2 days before planned meal.
- ❑ With a sharp knife, slice off the ends of the butternut squash.
- ❑ Use a vegetable peeler to remove the skin from the outside of the squash. *If you don't have a vegetable peeler, use a knife to cut off the skin; try not to remove too much of the squash's meat.*
- ❑ Cut in half along the length of the squash. Spoon the seeds and pulp out of the center of the squash.
- ❑ Cut squash in to 1/2 - 1 inch cubes.
- ❑ Dice onions and peppers into small blocks.



## MAKE CHILI



- ❑ Heat oil in a large pot over medium heat.
- ❑ Add the onion and peppers and cook for 3 minutes, stirring frequently.
- ❑ Add ground meat to pot with onions and peppers. Stir until crumbly and no longer pink.
- ❑ Add the butternut squash, tomato paste, can of diced tomatoes and spice blend.
- ❑ Bring to a simmer.
- ❑ Then reduce heat to medium-low, cover, and simmer until the squash is tender, or about 20 minutes.
- ❑ Add salt to taste, if needed.



## PLATE

- ❑ Dish out into bowls and top with cheese, sour cream and cilantro.



Cook Washington (Cook WA) provides ingredients and recipes to families in need across Washington State. This pilot project aims to increase access to fresh healthy food, while teaching families new ways to prepare and enjoy delicious meals at home. Cook WA is a project of the Washington State Department of Agriculture's (WSDA) Food Assistance Program.

Photos taken by staff and students from The Evergreen State College's Photoland: Carrie Chema, Gail Dillon-Hill, Kai Couch and Mich Beuvink.

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP. This institution is an equal opportunity provider. The Washington State Basic Food Program can help provide a healthy diet consistent with the Dietary Guidelines for Americans.

Pub 609-939 (N/2/22) Do you need this publication in an alternate format?  
Please call the WSDA Receptionist at 360-902-1976 or TTY 800-833-6388.

Nutrition Facts		
Serving Size		1 Serving
Amount Per Serving		Calories 484
		% Daily Values*
<b>Total Fat</b>	28.01g	<b>36%</b>
Saturated Fat	10.252g	<b>51%</b>
Polyunsaturated Fat	4.782g	
Monounsaturated Fat	4.469g	
<b>Cholesterol</b>	69mg	<b>23%</b>
<b>Sodium</b>	611mg	<b>27%</b>
<b>Total Carbohydrate</b>	33.64g	<b>12%</b>
Dietary Fiber	7.4g	<b>27%</b>
Sugars	11.83g	
<b>Protein</b>	30.99g	
Calcium	187mg	14%
Iron	6.95mg	39%
Potassium	1207mg	26%
Vitamin A	560mcg	62%
Vitamin C	85.6mg	95%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.