BISON AND BUTTERNUT SQUASH CHILI

Serves 4 | 484 calories per serving

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/cockwa

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.

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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.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 484</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 28.01g</td>
<td>% Daily Values*</td>
</tr>
<tr>
<td>Saturated Fat 10.252g</td>
<td>36%</td>
</tr>
<tr>
<td>Polyunsaturated Fat 4.782g</td>
<td>51%</td>
</tr>
<tr>
<td>Monounsaturated Fat 4.469g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 69mg</td>
<td>23%</td>
</tr>
<tr>
<td>Sodium 611mg</td>
<td>27%</td>
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<tr>
<td>Total Carbohydrate 33.64g</td>
<td>12%</td>
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<tr>
<td>Dietary Fiber 7.4g</td>
<td>27%</td>
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<tr>
<td>Sugars 11.63g</td>
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</tr>
<tr>
<td>Protein 30.99g</td>
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</tbody>
</table>

* 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.

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.

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