



Recipe Details

Recipe Name - Angel's Chili

Recipe Steps -

Ingredients

- 1 large onion, sautéed
- Garlic cloves, to taste, sauté
- 3 cans fire-roasted tomatoes with green chilis
- 2 (15oz.) Cans of black beans (rinse canned beans if you choose to use these)
- 1 (20oz.) Pre-cut butternut squash cubes, Or cub or fresh butternut squash
- 1 package of salt-free chili mix (we use Mrs. Dash)
- 1/4 cup chili powder
- 1 Tbsp Nacho flavor nutritional yeast
- 1 Tbsp Rib Rack sugar-free BBQ rub (or rub of your choice)

Instructions

1. Put all ingredients in the crockpot and cook on low for hours
2. Enjoy!

