# White Bean and Butternut Chili with White Quinoa Pilaf and Pepitas

## Ingredients

<table>
<thead>
<tr>
<th>White Bean Butternut Chili</th>
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<tbody>
<tr>
<td>½ lb tomatillos</td>
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<tr>
<td>Spice mix:</td>
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<tr>
<td>1 oz blue corn masa</td>
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<td>1 oz chipotle peppers in adobo</td>
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<tr>
<td>2 tsp chili powder</td>
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<tr>
<td>2 tsp ground cumin</td>
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<tr>
<td>1 tsp smoked paprika</td>
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<tr>
<td>1 ½ tsp dry oregano</td>
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<tr>
<td>1 tsp olive oil</td>
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<td>2 T Pepitas</td>
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<tr>
<td>Salt, to taste</td>
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<tr>
<td>2 tsp olive oil</td>
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<tr>
<td>Lime, cut in half</td>
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<tr>
<td>2 tsp olive oil</td>
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<tr>
<td>1 butternut squash, ½” cubed</td>
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<tr>
<td>1 Poblano pepper</td>
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## Directions

### White Bean Butternut Chili Prep:
Remove and discard the papery husks of the tomatillos and dice.

In a small bowl, combine all the spices and masa and stir to combine. Peel and cube the butternut squash. Dice onion, mince garlic. Drain and rinse the beans. Remove and discard the stem, ribs and seeds of the poblano pepper and dice.

Cook: In a large high-sided pan, add olive oil on medium-high until hot. Add the Pepitas and cook, stirring occasionally, 2 to 4 minutes, or until toasted and fragrant. Transfer to a paper towel-lined plate; season with salt. Set aside, keep warm.

In the same pan, heat olive oil on medium-high. Add lime, cut sides down. Cook 2 to 4 minutes, or until browned and slightly charred. Transfer to a plate and set aside to cool.

In the same pan, heat olive oil on medium-high until hot. Add the squash; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until browned and softened. Add the Poblano pepper.
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<tr>
<td>1 red onion, diced</td>
<td>pepper, onion and garlic; season with salt and pepper.</td>
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<tr>
<td>3 cloves garlic, minced</td>
<td>Cook, stirring occasionally, 3 to 5 minutes, or until softened.</td>
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<td>Salt, to taste</td>
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<tr>
<td>Pepper, to taste</td>
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<tr>
<td>Tomatillos</td>
<td>Add the tomatillos and spice blend; season with salt and pepper. Cook, stirring frequently, 1 to 3 minutes, or until softened and fragrant. Add the beans and 3 cups of water to the pan of vegetables; season with salt and pepper. Heat to boiling on high. Once boiling, reduce the heat to medium-high and simmer, stirring occasionally, 8 to 10 minutes, or until thickened and slightly reduced in volume. Turn off the heat. Stir in the juice of the charred lime; season with salt and pepper to taste.</td>
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<tr>
<td>Spice mix</td>
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**Quinoa Pilaf**

<table>
<thead>
<tr>
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<tr>
<td>2 cups quinoa</td>
<td>Prep: Rinse quinoa. Dice the bell peppers, red onion and zucchini into ¼” pieces. Mince the garlic.</td>
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<td>1 red bell pepper</td>
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<td>1 green bell pepper</td>
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<tr>
<td>1 red onion</td>
<td>Cook: In a large high-sided pan, heat olive oil on high until hot. Add the Peppers, onions, and zucchini. Sauté for 3-4 minutes or until the onions begin to turn translucent. Add the garlic and sauté another 1-2 minutes.</td>
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<td>1 zucchini squash</td>
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<td>3 garlic cloves</td>
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<td>2 tsp olive oil</td>
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<td>1 tsp dry oregano</td>
<td>Add the drained quinoa and herbs into the vegetable mixture and stir to coat with the oil. Cook for 2 minutes, stirring often.</td>
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<td>1 tsp dry thyme</td>
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<td>4 cups vegetable broth</td>
<td>Add the vegetable broth and bring to a boil. Add the salt and pepper and taste for seasoning. Add more salt and pepper if needed. Lower the heat to simmer and cover the pan with a lid. Let it cook for 15 minutes. Turn the heat off, and let the pan sit for 5 minutes with the lid on. Gently fluff the quinoa with a fork.</td>
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<td>Salt, to taste</td>
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<tr>
<td>Pepper, to taste</td>
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<td>2 T grated Cotija cheese</td>
<td>Plating: Divide the finished chili between 4 bowls. Spoon quinoa pilaf on top of the chili and garnish with Cotija</td>
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<td>1 bunch cilantro, chopped</td>
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cheese, cilantro, and toasted Pepitas. Enjoy

Chef’s Tip

Pepitas are pumpkin seeds without the shell. They are an excellent source of protein and fiber.

Find pepitas at your local grocery store in the nut section or bulk foods section.

Recipe provided by Jeffrey Woolley, USU Dining services.