

Chili Verde with acorn squash

Swick

Makes 3 servings | Active Time: 25 minutes | Total Time: 25 minutes

Chef's Notes

Store any leftover chile verde in an airtight container in the refrigerator for up to 5 days.

RECIPE TIPS

Miso: Miso is the Japanese word for fermented soybean paste. Miso is used for sauces, spreads, and pickling, and it is also the base for miso soup. You can find it in the same refrigerated section as tofu and other soy products. Soy-free miso made from chickpeas is also available. If you have a hard time finding it, try an Asian market or online. Since it is made with salt, taste the dish before adding additional salt. Miso keeps in the refrigerator for up to 8 months.

Step 1: Make the Chili

- 3/4 cup brown rice rinsed & drained (≈3 cups cooked)
 - 2 1/4 teaspoons miso
 - 3/4 yellow onion diced (≈1 1/2 cups)
 - 3/4 acorn squash halved lengthwise & seeded (≈3 3/4 cups)
 - 1 1/2 cups low-sodium vegetable broth
 - 1 1/2 (15-oz) cans black beans drained & rinsed (≈2 1/4 cups)
 - 4 1/2 oz fresh or frozen corn (≈3/4 cup)
 - 1 1/2 cups low-sodium salsa verde
 - freshly ground black pepper
 - sea salt
 - 1/3 cup fresh cilantro (optional) finely chopped
- PREPARE GRAINS**
Bring rice and 1 1/2 cups water to a boil in a saucepan. Reduce heat to low, cover, and simmer for 45 minutes. Remove from heat and let cool. Combine miso with 1 1/2 tablespoons water and add to rice; fluff rice with a fork.
- PREPARE PRODUCE**
Dice onion. Seed and dice squash.
- MAKE CHILE**
Combine onions, squash, and vegetable broth in a saucepan and bring to a boil. Reduce heat to medium-low and cook, uncovered, until squash are almost tender, about 10 minutes. Add beans, corn, and salsa verde; return to a boil and cook for another 10 minutes until the stew is creamy. Season with salt and pepper to taste.
- ASSEMBLE & SERVE**
Chop cilantro (if using) and stir into rice. Serve chile alongside rice.