

THE

CrossFit

KITCHEN



CHIPOTLE BISON CHILI WITH BUTTERNUT SQUASH

by Nick Massie

Overview

In these chilly winter months, nothing hits the spot like a bowl of hearty chili. Try out this simple recipe to warm your soul—and your belly.

Ingredients

- 42 oz. butternut squash, large dice
- 8 c. onions, large dice
- 12 c. mixed bell peppers, large dice
- 4 c. tomato puree
- 4 c. diced tomatoes in juice
- ¾ c. fresh garlic, minced
- 3 tbsp. olive oil
- 2 ½ lb. ground bison
- 2-3 tbsp. chili powder, or to taste
- 1 tbsp. ground cumin, or to taste
- 1 tsp. chipotle powder, or 2 chipotle chiles in adobo
- 3 tbsp. kosher salt, or to taste
- 2 tsp. black pepper, or to taste

Directions

1. Preheat an 8-quart stockpot over medium-high heat.
2. Add the olive oil, chili powder and ground cumin. Stir to toast the spices.
3. Stir in minced garlic.
4. Season the topside of the bison with half of the kosher salt and pepper and add to the pot, seasoned side down. Season the other side with the rest of the salt and pepper and begin to break bison into chunks incorporating the garlic, spice and oil mixture. Cook for 1 minute.
5. Add the onions to the pot and stir. Season with salt. Stir in the butternut squash. Put the lid on the pot and cook for 10 minutes.
6. Remove lid, stir, season with salt and add the peppers. Cover the pot and cook for 10 minutes.
7. Remove lid and add tomato product. Stir to incorporate and bring to a simmer.
8. Once simmer is achieved, turn off heat and season one last time with salt, chili powder, cumin, and chipotle powder or chipotle chiles.
9. Portion out into 11 3-block portions. Refrigerate for up to 1 week or freeze for up to 6 months. Bon appétit!