



In your box

- 1 Shallot
- 2 Tbsp. Chile and Cumin Rub
- 1 Tomato
- ¼ oz. Cilantro
- 8 oz. Butternut Squash, Cubed
- 12 oz. Ground Turkey
- 15 oz. Crushed Tomatoes
- 1 oz. Shredded Cheddar-Jack Cheese
- 2 oz. Sour Cream



Turkey and Butternut Squash Chili

with cheddar and sour cream

NUTRITION per serving—Calories: 599, Carbohydrates: 34g, Fat: 35g, Protein: 39g, Sodium: 1691mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
5 days

Difficulty Level ● ● ● ● ●
Easy

Spice Level ● ● ● ● ●
Mild

You will need

Olive Oil, Salt, Pepper
Large Non-Stick Pan

Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **shallot, chile and cumin rub**



1

Prepare the Ingredients

- Halve and peel **shallot**. Cut halves into ¼” dice.
- Core **tomato** and cut into ¼” dice.
- Stem and mince **cilantro**.



2

Cook the Butternut Squash

- Place a large non-stick pan over medium heat.
- Add 2 tsp. **olive oil**, **butternut squash**, and **shallot** (reserve a pinch for garnish) to hot pan.
- Stir often until squash is browned and begins to soften, 7-10 minutes.



3

Cook the Turkey

- Add **turkey**, half the **chile and cumin rub** (reserve remaining for chili), and a pinch of **pepper** to pan.
- Stir often, breaking up with a spoon, until no pink remains, 5-7 minutes.



4

Begin the Chili

- Add **crushed tomatoes**, 1 ¼ cup **water**, and a pinch of **salt** to pan. Bring to a boil.
- Reduce to a simmer and cook until thickened, 10-12 minutes.



5

Finish the Chili

- Taste **chili**, and stir in remaining **chile and cumin rub** if desired.
- Plate dish as pictured on front of card, garnishing chili with **cheese**, **tomato**, remaining **shallot** (to taste), **sour cream**, and **cilantro**. Bon appétit!