

# Butternut Squash & Vegetable Soup

Chef Keily Busby

35 minutes • Makes 6-8 servings



## Ingredients

4 cups of vegetable stock  
1 cup diced celery  
1 cup diced onions  
1 cup diced fire roasted tomatoes  
1 cup of tomato sauce  
1 cup of corn kernels  
1 cup sliced carrots  
1 cup diced butternut squash  
1 cup green beans

1 cup diced zucchini  
1 cup diced yellow squash  
½ cup diced roasted red peppers  
1 tsp of smoked paprika  
1 tbsp. dried oregano  
Salt and pepper, to taste  
Olive oil for sautéing

**Tip:** You can substitute vegetables to your preferences.

## Preparation

**Sauté the Aromatics-** In a large pot, heat a drizzle of olive oil over medium heat. Add onions, celery and cook 5-7 minutes.

**Add Vegetables & Seasoning-** Stir in carrots, butternut squash and green beans. Season with paprika, dried oregano, salt and pepper. Cook for 3-4 minutes stirring occasionally.

**Add Tomato Base & Stock-** Pour in the vegetable stock, tomatoes & tomato sauce. Bring mixture to a boil, then reduce to a simmer. Cover the pot and simmer for 15 minutes.

**Add Remaining Vegetables-** Stir in corn, zucchini, squash, red peppers. Simmer for 5-7 minutes until all vegetables are cooked through.

**Adjust Seasoning & Serve-** Taste soup and adjust salt, pepper or paprika as needed. Ladle the soup into bowls and enjoy warm.

# Turkey Chili

Chef Keily Busby

Makes 6-8 servings

## Ingredients

1 lb ground turkey  
1 tbsp olive oil  
1 large onion, diced  
3 garlic cloves, minced  
1.5 cup bell pepper, diced (any color or mixed)  
1 can (15 oz) kidney beans, drained and rinsed  
1 can (15 oz) black beans, drained and rinsed  
1 can (15 oz) diced tomatoes  
1 can (15 oz) crushed tomatoes  
3 cup chicken or vegetable broth  
2 tbsp chili powder  
1 tsp cumin  
1 tsp smoked paprika  
1/2 tsp cayenne pepper (optional)  
Salt and pepper, to taste

## Preparation

**Sauté the Vegetables and Turkey:** In a large pot, heat the olive oil over medium heat. Add the onion, garlic, bell peppers, and sauté until they soften, about 5 minutes.

Add the ground turkey, breaking it up with a spoon. Cook until browned, about 5-7 minutes.

**Season and Simmer:** Add the chili powder, cumin, smoked paprika, cayenne pepper (if using), salt, and pepper. Stir well to coat the meat and vegetables with spices.

Add the kidney beans, black beans, diced tomatoes, crushed tomatoes, and broth. Stir to combine.

## Toppings (Optional)

Shredded cheese  
Chopped green onions  
Sour cream or Greek yogurt  
Fresh cilantro  
Lime wedges

**Cook the Chili:** Bring the chili to a simmer, then reduce the heat to low. Cover and let it cook for 30-45 minutes, stirring occasionally, to allow flavors to meld. For thicker chili, let it simmer uncovered for the last 10-15 minutes.

**Adjust Seasoning and Serve:** Taste and adjust seasoning with more salt, pepper, or chili powder if desired. Serve hot with your favorite toppings.