

Butternut Squash & Short Rib Chili

(Adapted from [Off The \(Meat\) Hook](#))

1 Tblsp live oil
1 1/2 pounds boneless short ribs, trimmed of most of the fat and cut into 1/2-inch cubes (ask your butcher to remove the bones for you)
1 large onion, chopped finely
2 cloves garlic, minced
1 chipotle in adobo sauce, minced
chili flakes, cayenne, or hot spice of your choice to taste (I used a large pinch of very hot Chinese chili flakes and a large pinch of cayenne)
2 Tblsp tomato paste
1 tsp unsweetened cocoa powder
1/2 tsp ground cumin
1/8 tsp ground cinnamon
3/4 cup red wine
15 oz can black beans, rinsed and drained
28 oz can diced tomatoes with juice
2 cups butternut squash, peeled and cubed into 1/2 inch pieces
cilantro leaves, crumbled *queso fresco*, and avocado slices to serve

Heat oil in a large Dutch oven over medium-high heat. Season beef with salt and add to pan. Cook about 8-10 minutes, browning on all sides.

Add onion and cook another 8-10 minutes, until onions are soft and translucent. Add tomato paste, garlic, chipotle, cocoa, and spices and cook another 2 minutes, stirring constantly.

Add wine, beans, and tomatoes with juice. Bring to a boil, reduce heat to low, and cover. Simmer for 1 hour.

Add butternut squash and simmer for another hour, until beef and squash are tender. Cool slightly, then cover and rest in the fridge overnight.

To serve, reheat on the stove and serve with cilantro, *queso fresco*, and avocado.