

Low FODMAP Tempeh Lentil Chili with Butternut Squash



Not all chili needs meat! This Low FODMAP Tempeh Lentil Chili with Butternut Squash is packed with protein and is super hearty and filling - and low FODMAP, of course.

Low FODMAP Serving Size Info: Makes 4 quarts (3.8 L); 16 servings (about 1 cup/240 ml each)

Course: Dinner, lunch

Cuisine: American

Prep Time: 20 minutes

Cook Time: 1 hour 30 minutes

Total Time: 1 hour 50 minutes

Makes: 16 servings

Calories: 211 kcal

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Ingredients:

- 2 pounds (910 g) tempeh
- 3 medium carrots trimmed, scrubbed and cut into chunks
- 3 tablespoons [Garlic-Infused Oil](#), made with vegetable oil or purchased equivalent
- 3/4 cup (48 g) finely chopped scallions, green parts only
- 1/2 cup (36 g) finely chopped leeks, green parts only
- 1 tablespoon plus 2 teaspoons [ground cumin](#)
- 2 teaspoons [kosher salt](#)
- 1 teaspoon ground chipotle powder
- 1/2 teaspoon cayenne pepper
- 1 1/2 teaspoons paprika
- 1 1/2 teaspoons [smoked paprika](#)
- 1/2 teaspoon [dried oregano](#)
- 1/2 teaspoon freshly ground black pepper
- 3 cups (720 ml) water
- 2, 28 ounce (793 g) each cans crushed tomatoes; make sure they do not contain any onion or garlic
- 1, 15 ounce (425 g) can lentils, drained, rinsed and drained again
- 1 pound (455 g) peeled butternut squash, diced
- 1/4 cup (35 g) [fine ground yellow cornmeal](#)

Preparation:

1. Fit a food processor with a metal blade. Add the tempeh in batches and pulse on and off until coarsely ground. Scrape into a bowl and set aside; repeat until all the tempeh is ground, setting aside as you finish each batch. Now chop the carrots very finely, pulsing on and off until very finely ground, to a similar texture; set aside. (I use the food processor to chop the leeks and scallions, too, since I have it out).
2. Heat the oil in a large, heavy Dutch oven (such as a 6 quart) over medium heat and add carrots, leeks and scallions. Sauté for about 3 to 5 minutes, stirring often, or until softened, but not browned. Stir in the ground tempeh, coating with the oil and leek/scallion mixture and cook for several minutes, stirring often.
3. Stir the cumin, salt, chipotle, cayenne, paprika, smoked paprika, oregano and pepper into the tempeh mixture. Now stir in the water, crushed tomatoes, drained lentils and butternut squash. Cover, adjust heat to a low simmer and cook for about 1 hour to 1 hour and 15 minutes, stirring occasionally making sure it does not burn on the bottom, adding additional water if necessary. The squash should be tender and there should be some liquid, but it should not be soupy. Simmer a bit more if needed. Taste chili, adjust salt and pepper if desired and add cayenne if you want more heat.
4. Place cornmeal in a small bowl. Use a ladle to remove some cooking liquid and add it to the cornmeal, stirring to make a paste. Add this to the chili and stir in to distribute. Simmer covered for 10 more minutes to thicken chili. Chili is ready to serve, but we think it is even better on days 2 or 3. Cool to room temperature and either refrigerate in airtight containers for up to a week or freeze up to a month. (Defrost in refrigerator overnight). Reheat on stovetop over low heat.

Tips

- Cornmeal comes in many different textures from powdery corn flour, to fine cornmeal, to extra course polenta. You need a finely ground cornmeal for this dish.

Nutrition Facts	
Low FODMAP Tempeh Lentil Chili with Butternut Squash	
Amount Per Serving	
Calories 211	Calories from Fat 81
% Daily Value*	
Fat 9g	14%
Saturated Fat 1g	5%
Sodium 299mg	12%
Potassium 249mg	7%
Carbohydrates 23g	8%
Fiber 1g	4%
Sugar 1g	1%
Protein 14g	28%
Vitamin A 215IU	4%
Calcium 68mg	7%
Iron 1.9mg	11%

* Percent Daily Values are based on a 2000 calorie diet.