**Speedy Chili with Sun-dried Tomatoes**

20 mL olive oil

½ onion, chopped

125 g lean ground beef (or Yves)

125 mL diced peeled butternut or other winter squash

½ green pepper, chopped

1 clove garlic, minced

1 can (398mL) tomatoes

100 mL tomato sauce

30 mL chopped sun-dried tomatoes

7-8 mL chili powder

2-3 mL salt

1 mL oregano

1 mL basil

½ can (540 mL) kidney beans, drained and rinsed well

1 mL Tabasco sauce

 Grated Parmesan cheese (optional to garnish)

1. Prepare all vegetables. Drain and rinse beans.
2. In a large pot over medium-high heat, heat oil. Add onions and cook for 1-2 minutes.
3. Reduce heat to medium and add ground beef. Cook until no longer pink.
4. Add squash, green pepper and garlic. Saute for 5 minutes or until vegetables are tender (a fork can easily pass through).
5. Add tomatoes, tomatoes sauce, sun-dried tomatoes, chili powder, salt, oregano and basil. Cook for 10 minutes.
6. Add beans and cook for 5 minutes
7. Stir in Tabasco. Serve with Parmesan cheese is desired.