

Spaghetti Squash Chili

1 spaghetti squash
2 cans diced tomatoes
1 green bell pepper
1 onion
2-3 stalks celery
1-2 jalapenos
6 Tbls chili powder
2 tsp paprika
2 tsp cumin
2 tsp coriander
2 cans 14 oz kidney beans

Instant Pot: Cut spaghetti squash in half and place in InstaPot with 1 cup water. Pressure cook for 12 minutes.

Oven cook: Slice squash in half, poke holes in outside squash skin with fork and cook open side down 30-45min.

Meanwhile: Sautee onion, celery and pepper for 3 minutes then add garlic. Sautee additional 30 seconds and add diced tomatoes and tomato sauce.

Add chili powder, paprika, cumin, coriander.

Return to boil, reduce heat and simmer.

Use fork to create noodles from spaghetti squash. Add to mixture with kidney beans.

The menstrual phase of your cycle is considered the Winter season. Your body is more responsive to soups and stews. Kale, brown rice and kidney beans help to replenish iron and other nutrients in this phase.

