

Butternut Squash Frijoles

GLUTEN-FREE + VEGAN



Tested and Approved by 86lemons.com

<http://86lemons.com/butternut-squash-frijoles>

Original Recipe Source:

The Great Vegan Bean Book by Kathy Hester

(page 104)

YIELDS: 6 servings

STOVE-TOP DIRECTIONS:

STEP 1:

Combine the beans and squash in a bowl and mash with a potato masher.

STEP 2:

Heat the olive oil in a sauté pan over medium heat. Add the garlic and sauté for about 1 minute and then add the water, tomatoes, marjoram, chipotle, chili powder, and the bean and squash mixture.

Keep mashing as you are cooking the mixture down. The beans will break down more as they cook. You can leave them chunkier if that's the way you prefer them.

STEP 3:

Cook until the mixture is combined and heated through, about 15 minutes, and then add the cilantro, lime juice, salt and cayenne.

SLOW COOKER DIRECTIONS (with dried beans):

THE NIGHT BEFORE:

Combine 1 cup dried beans and 3 cups water in a 1½- or 2-quart slow cooker and cook on low overnight or for 8 hours.

IN THE MORNING:

Add the butternut squash, garlic, water, tomatoes, marjoram, chipotle, and chili powder. Cook on low for 7 to 9 hours.

Taste and adjust the seasonings. Add the cilantro, lime juice, salt, and cayenne.

INGREDIENTS:

- 3 cups cooked pinto beans or 2 cans (15 oz each), rinsed and drained
- 1 cup butternut squash purée*
- 1 Tbsp olive oil (use water or broth for an oil-free option)
- 1 clove garlic, minced
- ½ cup water
- 1 can (14.5 oz) diced tomatoes or 1½ cups chopped fresh
- 1 tsp marjoram
- ½ tsp powdered chipotle or smoked paprika
- ½ tsp chili powder
- 1 Tbsp chopped fresh cilantro
- Juice of one lime
- Salt, to taste
- Ground cayenne pepper, to taste

*86L: You may be able to find butternut squash purée in the can. If not, make your own! Cut a small butternut squash in half lengthwise, remove seeds and membranes and place cut sides down on a baking pan. Add about a cup of water to the pan, then bake at 350°F for about 30 minutes, or until the squash is fork tender. When cool enough to handle, scrape flesh from the skin and place in a high-speed blender with a bit of water or broth. Blend briefly, just until mixture is smooth and creamy.