

Butternut Squash with Black Beans



Makes 6 Servings

Category:	Winter Squash Home/Family
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Ingredients

Butternut Squash with Black Beans

2 ¾ cups

Butternut squash, cubed (1 small squash, about 1 pound)

1 teaspoon

Vegetable oil

1

Onion (small, chopped)

¼ teaspoon

Garlic powder

¼ cup

Red wine vinegar

¼ cup

Water

2 cans

Black beans (16 ounces each, rinsed and drained)


½ teaspoon

Oregano

1. Heat the squash in the microwave on high heat for 1-2 minutes. This will soften the skin.
2. Carefully peel the squash with a vegetable peeler or small knife.
3. Cut the squash into ½ inch cubes.
4. Peel and chop the onion.
5. In a large pan, heat the oil. Add the onion, garlic powder, and squash.
6. Cook for 5 minutes on medium heat.
7. Add vinegar and water. Cook on low heat until the squash is tender, about 10 minutes.
8. Add the beans and oregano. Cook until the beans are heated through.

Recipe notes

Source: Pennsylvania Nutrition Education Program, **Pennsylvania Nutrition Education Network**
Website Recipes

 <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/butternut-squash-black-beans>