

OUR RECIPE

TASTY
RECIPE

Bean & Butternut Squash Chilli

Serves 4

INGREDIENTS

- 1 medium butternut squash, peeled and diced
- 1 large onion, chopped
- 3 garlic cloves, crushed
- 2 peppers, chopped
- 4 celery sticks, thinly chopped
- 400g chopped tomatoes, tinned
- 2-3 tbsp of chilli powder to taste or 1 fresh chilli
- 1 tbsp oregano
- 800g tinned black beans, or kidney beans or pinto beans, drained
- 1 lime, juiced
- 2 tsp olive oil
- Salt and pepper to taste



TOP TIPS

Why not finish the dish with a dollop of sour cream or natural yoghurt. This recipe tastes great served with either boiled rice, oven baked potato wedges or tortilla chips.

METHOD

1. Pre-heat the oven to 180°C or gas mark 4.
2. Rub the diced butternut squash with olive oil, season with salt and pepper and a sprinkling of chilli powder and spread on a baking tray and cook for 30 mins until soft.
3. Heat the remaining olive oil in large pan over medium-high heat.
4. Add the onion and celery and reduce heat. Stir for 5 mins until soft.
5. Then add the peppers and stir for a further 5 mins.
6. Finally, add the garlic and stir for another minute before adding the remaining chilli powder or fresh chill and herbs.
7. Add the tinned tomatoes and mix well, before simmering for 20 mins uncovered.
8. Stir in the beans and simmer for further 10 mins.
9. Remove the butternut squash from the oven and add to the pan.
10. Just before serving, stir through the lime juice.