



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

Mexican Stuffed Butternut Squash

This Mexican-inspired vegetarian recipe for stuffed butternut squash is all sorts of deliciousness in one easy meal. Pinto beans are an excellent plant-based protein choice, packed with fiber, vitamins and minerals.

INGREDIENTS

PINTO BEANS COOKED FROM SCRATCH

- 1 pound dried pinto beans
- 1 bay leaf
- 1 tsp salt, at the end of cooking

MEXICAN STUFFED BUTTERNUT SQUASH

- 2 small squash, butternut
- 2 tbsps olive oil, divided
- 1 small onion, yellow
- 1 tsp chili powder
- ½ tsp ground cumin
- ⅛ tsp ground cayenne pepper
- 1 small bunch Swiss chard (2 cups)
- 1½ cups cooked pinto beans
- 1 15-ounce can drained diced tomatoes

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INSTRUCTIONS

COOKING BEANS FROM SCRATCH

1. Soak dry pinto beans covered in water the night before, and then drain (this reduces cooking time) and refrigerate until ready to use.
2. Cover the soaked beans with water and add the bay leaf. Bring the pot to a boil over medium-high heat, and then reduce to a low simmer and cook for 1 and ½ to 3 hours. Be sure the beans are constantly covered in water.
3. Beans are ready when you can mash one with a fork. Drain beans, add salt to taste (-1 teaspoon) and freeze them in 1.5-2 cup portions (the equivalent of 1 15-ounce can), and set aside 1.5 cups of beans for the recipe.

MEXICAN STUFFED BUTTERNUT SQUASH

1. Preheat the oven to 400 degrees.
2. Cut off the tops of the butternut squash and use a large knife to carefully slice the squash in half lengthwise. Use a spoon to scoop out the seeds and create a cavity. Rub squash with 1 tablespoon of the olive oil and set it face down on a lined baking sheet, using a knife to make some pin pricks in the skin for steam to escape.
3. Bake the squash for 25-30 minutes, until a knife easily penetrates through the flesh (this depends on squash size).
4. Dice the onion and begin to sauté it in a pan over medium heat with the remaining oil. When the onion begins to soften and become translucent, add in the spices (chili powder, cumin, and cayenne) and reduce the heat to medium-low.