

Butternut Squash and Red Bean Stew

Adapted from *Bean by Bean Cookbook* by Crescent Dragonwagon

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- 1 tablespoon canola oil
- 2 medium yellow onions, chopped
- 2 serrano peppers, seeded and chopped
- 1 tablespoon ground cumin
- 2 teaspoons ground turmeric
- 2 teaspoons ground coriander
- 1 teaspoon smoked paprika
- 2 cans red kidney beans, drained and rinsed
- 1 can diced tomatoes
- 1 can unsweetened coconut milk (regular or light)
- 2 teaspoons agave nectar
- 1 Roasted Butternut Squash (recipe follows)

Heat the canola oil in a Dutch oven and add the onions and cook until the onions are translucent, about 4 minutes. Add the Serrano pepper, turmeric, cumin, coriander, smoked paprika and 1 teaspoon kosher salt and cook until fragrant, about 30 seconds. Lower the heat and add the beans, tomatoes, coconut milk, agave nectar and roasted butternut squash. Heat for about 10 minutes or until the mixture has thickened slightly, stirring occasionally. Serve with brown rice, and garnish with chopped fresh cilantro and sliced green onions.

Roasted the Butternut Squash

- 1 (1½ - 2 lb) Butternut Squash, peeled, seeded and cut into 1 inch cubes
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon smoked paprika
- ½ teaspoon salt
- pinch of freshly ground black pepper
- 2 teaspoons olive oil

Preheat the oven to 350°F. Place the butternut squash in a rimmed baking sheet lined with parchment paper. Sprinkle with cumin, coriander, smoked paprika, salt and pepper. Drizzle the squash with olive and bake until the squash is golden brown and tender, about 15 minutes.