



BUTTERNUT SQUASH & BEANS SPICY ONE-POT

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 1 butternut squash, peeled and cubed
- 1 can black beans
- 1 can black eyed beans
- 1 large red onion, sliced
- 2 cloves garlic, chopped
- 150g Chorizo, cubed
- 680g jar of passata
- Olive oil
- 1 tablespoon mixed fajita spices
- 1 tablespoon smoked paprika
- Handful fresh parsley or coriander to serve

PREP TIME

- Prep | 15min
- Cook | 1hr
- Ready in | 1hr 15

METHOD

- In a large casserole dish, add 3-4 tablespoon of olive oil and heat gently..
- Add the red onion, chorizo, garlic, spices and paprika.
- Stir on a medium heat for about 10-12mins until onion is coloured.
- Add the butternut squash, continue to stir and cook for 15mins until slightly soft.
- Add the passata and simmer for 20-30mins.
- Add the beans, adjust seasoning and add chilli if using and simmer for another 10mins.
- If using, add fresh spinach leaves, allow to wilt for a couple of minutes before serving.