

# Black Bean and Butternut Squash Stew

Is it simmering stew season yet? Just to be clear, that means a veggie-full stew, and this one totally fits the bill. Not only is it packed with fall harvest vegetables, the spice combination is divine.

I brought this along to a house concert potluck, and I had to think twice if I really wanted to share. ☐ It was a such a hit, and so easy to prepare I made it again the same weekend! Serve it alongside rice or quinoa and a green salad and dinner is complete. And don't forget the toppings! They really make it special.

## Ingredients

- 4 tablespoons olive oil
- 2 medium butternut squash peeled, seeded and diced in bite-size chunks
- 1 medium onion, peeled and diced
- 2 red or yellow bell peppers, cored, seeded and diced
- 1 heaping tablespoon smoked paprika
- 2 teaspoons cumin
- Dash or two of cayenne pepper
- 1 teaspoon cinnamon
- 2 cans (15 oz) black beans, drained and rinsed, **or** 3 cups home-cooked black beans
- 1 can (15 oz) diced tomatoes
- 2 cups water with 2 veggie broth cubes or vegetable broth
- Himalayan salt, to taste

## Directions

1. If you are cooking your own black beans, as I did, get

those started in the pressure cooker after soaking them overnight.

2. In a heavy dutch oven, saute onions and pepper, adding spices. When onions are translucent, add chopped butternut squash, tomatoes and broth.
3. Simmer until veggies are nearly tender. Add beans and bring back to a simmer for 15- 20 minutes, just enough for the flavors to blend but not too much so the squash loses its shape.
4. Salt to taste and adjust seasonings if desired.
5. Serve over rice or quinoa, and have these yummy toppings handy:
  - diced avocado
  - cilantro
  - diced onions
  - lime wedges
  - my all-time favorite vegan sour cream by Simple Veganista

Enjoy!

*Adapted from Simple Veginista*