



Butternut Squash Rancheros

Sink your fork into a tender slice of caramelized butternut squash and then scoop up some saucy black beans with this Mexico-inspired recipe. This stunning comfort-food dish features fiber-rich squash which can help you lose weight and protects against conditions like cancer, heart disease, and mental decline.

Black beans provide your body with satisfying protein while helping to reduce cholesterol and increase healthy gut bacteria. They are also a great source of calcium to help fight osteoporosis and promote bone health.

This simple crave-able recipe is perfect for when you need a protein-rich hearty meal with the flavours of Mexico!

BUTTERNUT SQUASH RANCHEROS

Serves 4

For the butternut squash:

1 butternut squash
2 tbsp. olive oil
salt & pepper

For the ranchero beans:

2 tsp. cumin seeds
2 tbsp. olive oil
1 onion, minced
2 jalapeño peppers, deseeded, chopped
4 cloves garlic, chopped
14 oz. (400g) can chopped tomatoes
1 tsp. maple syrup
salt & pepper
2x 14oz. (400g) cans black beans, drained, rinsed

Directions:

1. Preheat the oven to 425°F (220°C). Line a large baking tray with baking paper.
2. Peel the butternut squash, slice off the ends and scoop out the seeds. Slice into 1 inch thick slices and place on the baking tray. Drizzle with the olive oil and season with salt and pepper. Place the tray in the oven and bake for 15 to 20 minutes. Then flip the squash over, and bake for a further 10-15 minutes, until cooked through and starting to brown.
3. In the meantime, prepare the ranchero beans. Place a pan over medium heat and toast the cumin seeds for about 2 minutes, stirring frequently to stop the seeds from burning.
4. Raise the heat to medium-high and add in the olive oil, onion, jalapeño pepper and garlic, cook for 10 minutes until softened and browned. Add the chopped tomatoes and maple syrup, season with salt and pepper to taste and cook for a further 5 minutes.
5. Transfer the sauce into a food processor and blend until smooth, then return to the pan and add the beans. Cook over medium heat until heated through.
6. Divide the rancheros between 4 shallow bowls and top with the roasted butternut squash. Serve immediately.

GF DF MP V

Prep	Cook
15m	25m