

Brazilian Stew

(SLICE COOKBOOK)

Prep time: 15 minutes Cook time: 35 minutes – Serves 6

1 Tbsp extra virgin olive oil
1 medium onion
1 medium butternut squash, peeled and cut into 1 inch cubes
28oz can diced tomatoes (Eden organics is BPA free)
1 Cup vegetable stock
1 Tbsp each of chili powder & paprika
Several dashes of cayenne
2 cups cooked black beans (19oz can)
½ cup corn, fresh or frozen
Plain yogurt, optional

Heat oil on medium. Add onion and squash and sauté for 3-5 min. Add tomatoes, stock, chili powder, paprika and cayenne. Bring to a boil, reduce heat and simmer covered for 20 minutes or until squash is tender. Add beans and corn and simmer for 5 minutes. Serve immediately.