



Smokey Black Bean & Butternut Ragout

Serves 4

- 1 tsp. fresh lime juice
- 3 tsp. pure maple syrup, divided
- 1 tbl. unsalted butter
- 2 tbl. olive oil, divided
- 1 lb. peeled butternut squash, cut into ½ inch dice (4 cups)
- 1 small yellow onion, cut into medium dice (1/2 cup)
- 2 cloves garlic, minced
- 1 15.5 oz. can black beans, drained and rinsed
- 1 tsp. adobo sauce from can of chipotles in adobo
- 1/3 cup crumbled queso fresco or feta cheese
- 1-3 tbl. chopped whole cilantro or mint leaves
- ¼ cup toasted pepitas or toasted chopped pecans

Combine lime juice and 1 tsp. maple syrup in small bowl. Set aside.

Heat butter and 1 Tbs. oil in large nonstick skillet over medium heat.

Add squash, and season with salt, if desired. Cover pan, and cook 8 minutes, stirring occasionally. Uncover pan, add onion, and increase heat to medium-high. Cook 3 to 4 minutes, or until squash is tender and lightly browned. Remove from heat, and gently stir in lime-maple mixture.

Heat remaining 1 Tbs. oil in medium saucepan over medium-low heat. Add garlic, and cook 30 seconds, or until softened and fragrant. Add beans, adobo sauce, remaining 2 tsp. maple syrup, and 1/4 cup water. Bring mixture to a simmer, and cook 5 to 6 minutes, or until liquid is mostly absorbed.

Gently stir together bean mixture and squash. Serve garnished with queso fresco, cilantro, and pepitas (if using).

Credit - Vegetarian Times