



Vegetable Stuffed Butternut Squash with Roasted Pepper Sauce

1 butternut squash cut in half seeds removed

Vegetable Stuffing

¼ cup stock or water

1 shallot finely chopped

2 cloves garlic minced

1 stalk celery, finely chopped

1 cup string beans cut into 1" pieces (I used yellow wax beans in the picture)

½ cup carrots cut into ½" dice

1 cup zucchini cut into 1" dice

½ cup frozen baby peas rinsed in hot water

¼ tsp cumin

Celtic sea salt

Sauce:

2 red pepper roasted & peeled, seeds removed *

1 shallot finely chopped

2 cloves garlic minced

¼ cup stock (vegetable or chicken)

¼ tsp Celtic sea salt

1 tsp smoked paprika

½ tsp cumin

Pinch cayenne (optional)

- Preheat the oven to 350 degrees
- Put the butternut squash cut side down into a baking tray with 1" of water
- Bake in the middle of the oven for 1 hour or until the flesh is tender.

Prepare the Vegetables:

- In a medium sauté pan heat the stock.
- Add the shallots, garlic and celery. Simmer for 2 minutes.
- Add the string beans and carrots. Cover and simmer for 3 minutes.
- Add zucchini, simmer until zucchini is tender but not mushy.
- Add peas.
- Season with salt and cumin.



Prepare the Sauce

- Chop the roasted red peppers, put into a blender. Add the shallots and garlic to the blender. Blend until smooth.
- Pour into a small pan along with the stock.
- Cover and simmer 10 minutes to cook the shallots and garlic.
- Add salt, smoked paprika, cumin and cayenne.
- Simmer another minute, taste to adjust spices.
- Set aside

Assemble the squash

- Remove the squash from the neck and place into a bowl.
- Mash the squash and mix with a few tablespoons of the sauce, so it tastes good.
- Put the seasoned squash back into the neck.
- Put a few tablespoons of the sauce into the "cup" of the squash where the seeds were.
- Filled with the mixed vegetables. Top with a little sauce.
- You will have 2 different textures here; the mashed squash and the mixed vegetables. I think this makes the dish more interesting
- Serve with extra sauce on the side.

***How to Roast Peppers**

Place red bell pepper on top of a gas burner on high or on a grill. Char the skin by turning with tongs so most of the skin turns black. Put into a bowl cover, with a plate, let steam until it is cool enough to touch. Using a small knife scrape the skin off. Cut through the bottom of the pepper from bottom to top and all around the top so you can lift out the stem and most of the seeds. Scrap off or rinse the seeds off. Slice into strips.

You can use these on sandwiches or season with balsamic vinegar, salt & pepper and serve as a side dish.