



## Baked White Beans with Butternut Squash, Sage, Spinach and Shallots

This recipe can be prepared a day ahead of time. Prepare the recipe up to baking, place all ingredients into the casserole dish, cover, and refrigerate. When you are ready to cook it, just pop it in the oven!

6 servings

- 2 Tb extra virgin olive oil
- 1 cup thinly sliced shallots (about 4 large)
- 2 cloves garlic, minced
- 4 cups butternut squash, peeled and cubed
- 1 apple, peeled, cored, and cut into chunks (about 1 cup)
- 1 ½ cups spinach coarsely chopped
- ½ cup cranberries
- 1 cup cooked navy beans (or Cannellini), canned is fine, rinse and drain before using
- 1 Tb thinly sliced fresh sage leaves
- 1 Tb Italian seasoning
- ½ tsp Celtic sea salt

1 cup vegetable or chicken stock  
1 Tb arrowroot powder  
1 Tb yellow or white miso  
freshly ground black pepper  
¼ cup pumpkin seeds, coarsely chopped.

- Preheat oven to 350 degrees F.
- Begin by peeling the butternut squash with a vegetable peeler. I use a strong stainless steel one since the outer skin can be quite tough. Cut it into cubes.
- Heat a large skillet over medium-low heat. Add olive oil then shallots and sauté for a few minutes until they soften and begin to brown a little. Add garlic, sauté 1 minute until fragrant.
- Turn off the heat. Add the squash, apples, spinach, cranberries, beans, sage, Italian seasoning, and salt to the shallots; toss together well.
- In glass measuring cup, mix together the stock, arrowroot and miso. Stir to dissolve the miso.
- Place the squash mixture into a 9 x 12 casserole dish and pour the stock mixture over it. I used an 8 x 8 and it was piled high but fine once it cooked down.
- Sprinkle the pumpkin seeds evenly over the top.
- Season with a little salt, freshly ground black pepper and a few drizzles of olive oil. Cover with foil.
- Bake in a preheated 350 degree oven for about 45 to 55 minutes, covered. Then remove the cover and bake for 20 to 25 more minutes, or until squash is tender and the pumpkin seeds are light brown. . Don't cook the casserole too long uncovered, or the beans will begin to dry out.
- Serve while hot. Store left over in the refrigerator and reheat in a 300 degree oven, covered.