



# CURRIED BUTTERNUT SQUASH

## INGREDIENTS

- Red Onion
- 1 Garlic Clove
- Short-grain Brown Rice
- Butternut Squash
- 1/2 Cup of Chickpeas
- 1.5tbsp Curry Powder
- 1/2tsp Salt
- 1/2tsp Pepper
- 3/4 Cup Crushed Tomatoes
- 1/5 Vegetable Broth
- Scallions and Cilantro

## DIRECTIONS

1. In a 3 qt (or 5 qt) dutch oven, heat 2 teaspoons of olive oil over medium heat. Add in ½ medium red onion (minced) and cook until onion is translucent and fragrant, 4 to 5 mins. Stir in 1 minced garlic clove and cook for another 1 to 2 minutes.
2. Next, add in the remaining 2 teaspoons of olive oil followed by ½ cup of short-grain brown rice. Stir until the rice is well coated with oil.
3. Stir in the 1.5 cups of ¼-inced cubed butternut squash, ½ cup of drained chickpeas, 1.5 tbsp curry powder, ½ tsp salt, and ½ tsp pepper. Then add in ¾ cup crushed tomatoes and 1/5 cups low sodium vegetable broth. Bring to a boil, reduce to the lowest simmer, cover, and let cook for 45 mins or until all the water has been absorbed and the rice is tender. Sprinkle with scallions and cilantro before serving.