

## **SMOKY BUTTERNUT SQUASH AND BLACK BEAN RAGOUT WITH PEPITAS AND FETA**

**by radish\*rose**

Adapted from [Vegetarian Times](#)

### **Ingredients:**

1 tsp. fresh lime juice  
1 tsp. + 2 tsp. maple syrup, divided  
1 T. butter  
1 T. + 1 T. olive or coconut oil, divided  
1 1/2 lbs. peeled butternut squash, cut into 1/2 inch dice (~4 cups) - original recipe said 1 lb. but I ended up with 1 1/2 and it was awesome. But don't freak out if you only have 1 lb. It will be fine. Veggie Times said so.  
1 small yellow onion, diced (~1/2 cup)  
2 cloves garlic, pressed (~2 tsp.)  
1 15.5 oz. can black beans, drained and rinsed  
2 tsp. adobo sauce from can of [chipotles in adobo](#)  
1/4 c. water  
1/4 c. toasted pepitas (pumpkin seeds) or pecans  
1/3 c. or more crumbled feta cheese  
2-3 T. chopped cilantro or parsley  
Flaky sea salt (such as Maldon)

**Equipment:** Large skillet with lid, medium saucepan

### **Method:**

**Make squash:** Combine lime juice and 1 tsp. maple syrup in small bowl. Set aside. Heat butter and 1 T. olive or coconut 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 3-4 minutes, or until squash is tender and lightly browned. Remove from heat and stir in lime-maple mixture.

**Make beans:** Heat remaining 1 T. olive or coconut 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 c. water. Bring mixture to a simmer, and cook 5-6 minutes, or until liquid is mostly absorbed.

**Combine & serve:** Gently stir together bean mixture and squash mixture. Serve garnished with feta, pepitas, and cilantro or parsley. I like to serve this over brown jasmine rice. Nom nom! Enjoy!!

**Original post:** <http://radishrose.net/2014/10/19/smoky-butternut-squash-and-black-bean-ragout-with-pepitas-and-feta>

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