

Mexican Butternut Pilaf

Ingredients

- 1 cup diced butternut squash
- 1/2 cup brown rice
- 1/4 cup black beans (pre-cooked)
- 1/4 cup diced tomato
- 1/4 onion, chopped
- 1 garlic clove
- 1/2 tsp cumin
- 1/2 tsp smoked paprika
- 2 cups water or broth
- 1 tbsp olive oil
- Fresh lime and cilantro to finish

Instructions

1. In a pot, sauté onion, garlic, and spices.
2. Add squash, rice, tomato, and water.
3. Bring to boil, then simmer covered for 35–40 minutes.
4. Stir in black beans and cook 5 more minutes.
5. Top with lime juice and chopped cilantro.

Benefits

Supports digestion and blood sugar balance;
comforting and nourishing.
