

STEWED KIDNEY BEANS, BUTTERNUT SQUASH, KALE AND MUSHROOMS

Yield: 6 Portions

Ingredients	Amounts
Butternut squash	10 oz.
Extra-virgin olive oil	as needed
Mixed mushrooms, sliced	5 oz.
Garlic cloves, minced	2 ea.
Basil, chiffonade	1 Tbsp.
White wine or sherry	2 oz.
Kidney beans, cooked, drained	12 oz.
Kale in strips	2 cups
Chipotle in adobo sauce, minced	1 Tbsp.
Heavy cream	1 cup
Salt	as needed
Ground black pepper	as needed

Method

1. Cut butternut squash in half, scrape out the seeds, peel and dice into ½ inch cubes.
2. Heat 2 to 3 tablespoons of extra virgin olive oil in a large nonstick pan.
3. Add squash to pan and evenly brown all the sides. Add salt and pepper, and allow the squash to cook for 5 to 6 minutes, or until tender.
4. Add the sliced mushrooms, garlic, and basil, and sauté for about 2 minutes. Add the drained beans, kale, and minced chipotle peppers, tossing to blend the flavors.
5. Deglaze the pan with the white wine, scraping any browned bits from the bottom of the pan for added flavor.
6. Add the cream to the pan, and cook for 2 to 3 minutes longer, or until the ingredients are all cooked through. Season to taste with salt and pepper and serve.