

Bean-Squash Puree

SIMPLE RECIPE

Ingredients

- 2 cups of dry tepary beans
- 8 cups of water
- 2 cups of butternut squash (one medium), peeled and cubed
- 1 tablespoon olive oil
- (optional) 2-3 cloves garlic
- (optional) Sprinkle of cumin and/or chile powder

Directions



Tepary beans

- On the stove: Combine beans, water, and salt to taste if desired in a large saucepan. Bring to a boil and reduce heat to a simmer. Cook until tender (~2-4hrs)
- In the crock pot: Combine beans, water, and salt to taste if desired in a crock pot. Cook on medium until tender (~8-10hrs). Can soak the beans overnight before cooking to decrease cooking time.

Butternut squash

- Preheat oven to 400 degrees Fahrenheit.
- Toss the butternut squash with olive oil
- Place on a large baking sheet in a single layer. Add cloves of garlic and seasonings, if desired.
- Roast at 400F for 15-25 minutes, or until the butternut squash is fully cooked and easily pierced with a fork.

Blend

- Add all ingredients in a food processor or blender. If it won't fit, process/blend in batches and stir together.
- Add small amounts of water, formula, or breastmilk while processing/blending to reach desired thickness

Speed it up!

To speed up cooking/processing, consider:

- Substituting 1 can (15-16oz) of the beans of your choice (cannelli or northern beans will be the most similar).
- Substituting a 10-16oz, frozen, microwavable bag of butternut squash OR
- 1 (15-16oz) can of pumpkin or sweet potatoes