

K's Kitchen: Butternut squash-black bean burrito

By Kathryn Reed

Some form of a burrito or taco is something I seem to eat on a weekly basis. I change up the concoctions based on what I have in the house.

Lately I have been loving the butternut squash and black bean combination. Then I go from there. While it can be a pain to deal with the butternut squash in terms of peeling it, the flavor is so worth it. There really is no substitute.

I used tequila because I've had it in the cupboard forever and decided I wanted to get rid of it. It does add a distinct taste. If you don't have any, use fresh lime juice. Start with a quarter cup and go from there.

The little peppers are nice because you can get more color into a dish than just using a single bell pepper. They also seem to be a little sweeter.

Butternut Squash-Black Bean Burrito

Butternut squash, peeled and cubed

1 small yellow squash, chopped

1 small zucchini, chopped

8 mini bell peppers, chopped

Olive oil

1 bunch cilantro, rough chop

$\frac{1}{2}$ C tequila

½ tsp garlic salt

1 tsp cayenne pepper

1 tsp cumin

1 tsp turmeric

2 15 ounce cans black beans, drained

Tortillas

Cheese, shredded

Salsa

Coat large sauce pan with oil. Add butternut squash. Cook until almost soft enough to eat. Add yellow squash, zucchini and peppers. Cook about 5 minutes. Add tequila, cilantro and other spices. Then add beans. Cook until heated through. Adjust seasonings to your liking.

Heat tortillas. Fill them like a taco or burrito. Cheese and salsa are optional.