

Butternut Squash, Black Bean & Kale Tacos



Prep Time: 20 minutes

Cook Time: 10 minutes

Total Time: 30 minutes

Yield: 4 servings

INGREDIENTS

1 tablespoon olive oil

2 cups butternut squash, cut into ½ inch cubes

3 cups kale, rib removed and chopped

1/2 of a yellow onion, diced

1 jalapeño, seeds and rib removed then minced

1 clove of garlic, minced

1 teaspoon cumin

1 teaspoon chili powder (ancho chile powder if you have it)

1/2- 3/4 teaspoon kosher salt
Black pepper to taste
Several dashes of hot sauce (optional)
1 cup black beans, rinsed and drained
Juice of half a lime
Corn or flour tortillas
Lime wedges and cilantro for serving

INSTRUCTIONS

Heat a 12 inch cast iron skillet or non-stick skillet over medium high heat.

Add in the olive oil and swirl around to coat the pan.

Add in the butternut squash and cook for approximately 6-7 minutes, stirring occasionally.

Add in the diced onion, jalapeño, garlic, cumin, chili powder, salt, pepper and hot sauce and cook for 3-4 more minutes until the onion has softened and the squash is almost cooked through.

Add in the kale and cook until the kale is wilted.

Stir in the black beans and squeeze in the lime juice then turn off the heat.

Serve on warmed tortillas with cilantro and more lime juice if desired.