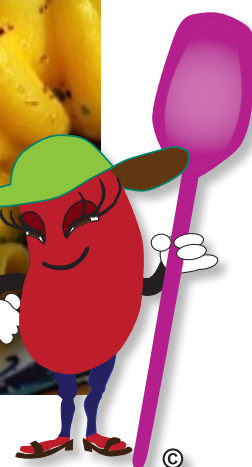


# Beans, Rice And Everything Nice

## Mac and Cheez (AKA Butternut Squash Sauce)



[beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)



### Ingredients

*makes 2 medium or 4 small servings*

- 1 cup peeled and cubed frozen butternut squash
- 1/2 cup peeled and cubed potato (any kind)
- 1/2 cup cubed red or orange bell pepper
- 1/4 cup cut onion
- 1 clove garlic
- 1 1/2 cups water
- 1/2 Tablespoon apple cider vinegar
- 1/2 Tablespoon lemon juice
- 1 Tablespoon tahini
- 1 Tablespoon light miso
- 1/4 cup packed minced parsley leaves and tender stems (optional)
- 1-1/2 cups dry gluten-free pasta

1. **For the pasta:** Start cooking the pasta according to the package directions. Once drained, return it to the cooking pot. Make the sauce at the same time.

**For the sauce:** Add the the butternut squash, potato, bell pepper, onion, garlic, and water to a medium saucepan. Bring to a boil over medium-high heat, cover, reduce heat to medium, and simmer until tender, about 10-15 minutes..

2. Drain the vegetables, reserving the cooking water, and add to a blender. Add the apple cider vinegar, lemon juice, tahini, miso, and 1/4 cup of the reserved cooking water, and puree until smooth.

3. Add the minced parsley and the sauce to the cooked pasta in the pot and mix well. Serve garnished with salt and pepper to taste and a sprinkle of smoked paprika. Yum!

*Tip:* For a more substantial meal, add your favourite beans or marinated and steamed tempeh or tofu. Serve with steamed broccoli and a big salad.