

Butternut Squash Skillet



INGREDIENTS:

- 1 lb ground turkey (or substitute ground beef or pork)
- 1 butternut squash (about 3 cups peeled and cubed)
- ½ cup vegetable broth
- 1 tbsp olive oil
- 1 small white onion, diced
- 2 cloves garlic, minced or pressed
- 1 red bell pepper, chopped
- Salt and pepper, to taste
- 1 tsp smoked paprika
- ¾ cup shredded cheese
- Fresh cilantro and parsley

INSTRUCTIONS:

- 1 Heat oil in a cast iron skillet. Add ground turkey, onion, garlic and bell peppers and sauté until meat is no longer pink. Season with salt, pepper and paprika.
- 2 Add cubed butternut squash and vegetable broth. Give it a stir so most of the butternut squash is submerged in broth.
- 3 Cover and turn heat down to a medium low. Cook for about 12 minutes or until butternut squash has softened.
- 4 Remove from stovetop and top with shredded cheese. Bake in 400F degrees oven for about 5 minutes or until cheese has melted.
- 5 Garnish with fresh cilantro or parsley and serve.

Taste!
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