

Roasted Red Pepper and Squash Curry

- 2 cups of chickpeas, cooked
- 1 cup of butternut squash, peeled and cut
- 1 cup of fresh spinach, chopped
- 1 cup of coconut milk
- 2 red bell peppers
- 1 medium tomato, chopped
- 2 garlic cloves
- 1/2 medium onion, chopped
- 1 tablespoon of olive oil
- 1 tablespoon of curry powder
- Pinch of cayenne pepper
- Salt to taste

In a small pot with water, cook butternut squash for 10-15 minutes or until tender. Set aside.

Set the oven to 465F. Place the 2 red peppers on a tray, and roast for 30-40 minutes. The edges should be blackened.

After the peppers cool, remove the stem and seeds, and place into a food processor/blender with the cooked butternut squash and garlic.

In a pot, sauté onions and tomato in olive oil for 1-2 minutes. Add curry to the mix, and then add in the coconut milk.

Stir and slowly add in the pepper & butternut squash puree. Add chickpeas, and cook for 15 minutes.

Finish off by adding salt to taste, cayenne pepper, and fresh spinach. Enjoy with brown rice!