

SQUASH & VEG PISTO

INGREDIENTS

- 1, 5 cup Biome Broth
- 300g butternut squash
- 2 scallions
- 1 green bell pepper
- 1 red bell pepper
- 1/2 chilli pepper
- 2 cups of canned tomatoes
- 1 large carrot
- 1/2 zucchini
- 1tsp smoked paprika
- 1 tsp ground cumin
- cooked quinoa, rice or slice of bread

PREPARATION

1. Prepare all the ingredients. Cut all the veg into bite size chunks.
2. Heat 2 Tbsp of olive oil in a large pan, then add scallions and chili pepper and let it cook for a minute until nice a fragrant. Add squash and a good splash of broth, cook for 3-5min stirring often. Keep adding more broth if necessary.
3. Add red and green bell pepper and cook for additional 5 min. Keep adding broth if needed.
4. Add the canned tomatoes, carrot, zucchini, smoked paprika and cumin, combine all well and let it simmer until all the veg is nice and soft.
5. Serve with rice, quinoa or sourdough bread. You can store or freeze the leftover for a busy day.