



Nourish Recipe

Butternut Squash Osso Bucco

Servings: 4

What you'll need



measuring spoons



measuring cups



large oven safe sauté pan



Ingredients

- 1 large butternut squash, peeled and seeded
- 2 Tbsp olive oil
- 1 ¼ qt vegetable stock
- ½ cup carrots, diced
- ½ cup white onion, diced
- ¼ cup celery, diced
- 1 Tbsp garlic, minced
- 2 Tbsp tomato paste
- ½ cup red wine
- 1 can white beans, drained
- 1 tsp dried mushroom, porcinis, ground
- 2 cups diced tomatoes (canned is fine)
- 1 tsp fresh rosemary
- ⅛ tsp ground black pepper
- ½ tsp kosher salt
- 1 tsp fresh parsley, chopped
- ½ tsp fresh thyme, chopped
- ¼ tsp lemon zest, grated

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Instructions

1. Preheat Oven to 300°
2. Using only the top portion of peeled butternut squash (just above the seed cluster) cut 1 ½ inches thick slices (an average sized squash will have four slices). Save the bottom part of the squash for another recipe.
3. Heat oil (2 Tbsp) in an oven safe sauté pan over medium heat. Sear the squash slices browning both sides.
4. Add onions (½ cup), celery (¼ cup), carrots (½ cup), and garlic (1 Tbsp). Cook until onions are translucent and starting to brown.
5. Add red wine (½ cup) and tomato paste (2 Tbsp). Reduce this by half.
6. Add vegetable stock (1 ¼ qt), white beans (1 can), mushrooms (1 tsp), tomatoes (2 cups), rosemary (1 tsp), and cover. Place in 300° oven for 45 minutes. The squash should be tender and the sauce thickened.
7. Garnish with the chopped parsley, lemon, thyme, salt and pepper.



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Nutrition Facts

Servings 4

Amount Per Serving

Calories **316**

% Daily Value

Total Fat 10.1g **13%**

Saturated Fat 3.6g **18%**

Cholesterol 0mg **0%**

Sodium 1589mg **69%**

Total Carbohydrate 56.5g **21%**

Dietary Fiber 13.3g **48%**

Sugars 12.5g

Protein 9.3g

Vitamin D 1mcg **7%**

Calcium 190mg **15%**

Iron 4mg **25%**

Potassium 1570mg **33%**