

Beef Tagine with Butternut Squash

From – *myrecipes.com*

2 tsp paprika
1 tsp ground cinnamon
 $\frac{3}{4}$ tsp salt
 $\frac{1}{2}$ tsp ground ginger
 $\frac{1}{2}$ tsp crushed red pepper
 $\frac{1}{4}$ tsp freshly ground black pepper
1 lb beef cubes (1")
1 Tbsp olive oil
4 shallots or small onions, quartered
4 garlic cloves, chopped
 $\frac{1}{2}$ cup fat-free, lower-sodium chicken broth
1 (14.5 oz) can no-salt-added diced tomatoes, undrained
3 cups peeled & cubed (1") butternut squash (about 1 lb)

- Combine first 6 ingredients in a medium bowl. Add beef and toss well to coat.
- Heat oil in a Dutch oven over medium-high heat.
- Add beef and shallots. Cook 4 minutes or until browned, stirring occasionally.
- Add garlic. Cook 1 minute, stirring frequently.
- Stir in broth and tomatoes. Bring to a boil. Cook 5 minutes.
- Add squash. Cover, reduce heat and simmer 15 minutes or until squash is tender.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com