

Butternut Squash with bell pepper and tomato by Roslyn Dudley

Allergens: None

Ingredients

- Butternut Squash
- Avocado oil
- 1 large red onion, chopped
- Garlic clove, chopped
- 1 large red bell pepper, slivers cut in half
- 1 can of diced tomatoes
- 1 tsp. dried basil
- 1 teaspoon of paprika
- Tbsp. of chopped parsley
- 2 tbsp. of tomato paste (optional)
- Sea salt and pepper to taste