



INGREDIENTS

- 2 Cups Corn
- 2 Cups Butternut squash (diced)
- 2 Cups Canned Beans (drained)
- 4 Cups Vegetable Broth
- 1 Cup Onion (chopped)
- 3 Teaspoons Garlic (minced)
- 1 Teaspoon Cumin
- 1 Teaspoon Paprika
- 2 Tablespoons Olive oil

DIRECTIONS

1. In a large pot, heat olive oil over medium heat. Add chopped onion and minced garlic, sautéing for about 5 minutes until the onion is translucent and fragrant.
2. Once the onions are soft, stir in diced squash and corn. Continue to cook for another 5 minutes.
3. Add beans and vegetable broth. Bring to a boil, then reduce to a simmer and cover for about 5 minutes.
4. Add in cumin and paprika. Cover and let simmer for 20-30 minutes.
5. Serve hot.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

11 Cups

PORTION SIZES

Toddler: ¼ Cup

Preschool: ½ Cup

School Age: 1 Cup

Adult: 1 Cup