



## CULINARY LEARN AND SHARE

# Guinean Peanut Sauce with Butternut Squash

### Ingredients

1 butternut squash - peeled, seeded, and cut into 2-inch cubes

½ cup natural peanut butter

1 small tomato, chopped

1 cup warm water (237 ml)

2 tablespoons olive oil

1 large yellow onion, thickly sliced lengthwise

2 cloves garlic, minced

1 bay leaf

Ground black pepper to taste  
salt, or to taste

2 teaspoons lemon juice

### Directions

#### Step 1

Place the butternut squash in a saucepan with water to cover. Bring to a boil and then simmer, covered, until the squash is tender, about 20 minutes. Drain, reserving the cooking liquid.

#### Step 2

Combine the peanut butter, tomato, and warm water in a bowl. The authentic way to prepare this is to squish it together by hand -- but a food processor works, too.

#### Step 3

Heat the olive oil in a skillet over medium-high heat. When the oil is hot, add the onion slices and cook for 2 minutes. Add the peanut butter mixture, the minced garlic, the bay leaf, black pepper, and about 1/2 teaspoon salt. Stir to combine, then bring to a boil.

#### Step 4

Reduce the heat to low and simmer the peanut sauce, adding the reserved cooking liquid as needed, for 15 minutes. The consistency should be similar to a thick soup.

#### Step 5

Stir in the butternut squash and simmer for an additional 15 minutes. Add the lemon juice, and taste to adjust the seasoning.



To learn more and locate food pantries, scan the QR code.



[middlesexcountynj.gov/replenish](https://middlesexcountynj.gov/replenish)



732.729.0880



[replenish@co.middlesex.nj.us](mailto:replenish@co.middlesex.nj.us)



# CULINARY LEARN AND SHARE



Recipe Source: [allrecipes.com](https://www.allrecipes.com)



To learn more and locate food pantries, scan the QR code.



[middlesexcountynj.gov/replenish](https://middlesexcountynj.gov/replenish)



732.729.0880



[replenish@co.middlesex.nj.us](mailto:replenish@co.middlesex.nj.us)