



Soul Bowl

Seasonal Soul Bowl Recipe Butternut Squash, Brown Rice & Collards

What Will I Need?

- Vegetable Peeler
- Knife
- Cutting Board
- Bowl
- Measuring Spoons
- Small saucepan with lid
- Skillet with lid
- Baking Sheet Pan

What's in the Kit?

- 2 large butternut squash
- ¼ cup brown sugar
- 1 TBSP cinnamon
- 2 tsp salt
- 1 bunch collards
- 4 cups vegetable broth
- 3 TBSP Worcestershire
- 2 TBSP apple cider vinegar
- 1 tsp red pepper flakes
- 1 cup brown rice

How do I make it?

1. Cook the butternut squash -
Preheat oven to 400°F
Tip: Start cooking brown rice so it's cooking while you are preparing butternut squash and collards.

Soften whole squash in a 400°F oven for 15 - 20 minutes or on High in a Microwave for 3-5 minutes to make it easier to cut & peel.



- Using a vegetable peeler, peel the outside of the butternut squash. Discard the peelings.
- Cut squash in half and cut into small pieces. Spoon out seeds.
- In a separate bowl combine $\frac{1}{4}$ cup brown sugar, 1 TBSP cinnamom, and 1 tsp salt. Mix well.
- Add cut up squash to the bowl and toss until all pieces of butternut squash are coated.
- Place prepared squash on a baking pan in a single layer. Cook at 400°F until squash fork tender.

2. Cook the rice

- In a medium saucepan, combine 1 cup brown rice with 2 cups vegetable broth. Bring to a boil, reduce to a simmer and cover for 30-45 minutes or until rice fluffs up.

3. Cook the Collards

- Rinse the collards under cold running water to remove all dirt.
- Remove the tough stems and slice the greens into strips.
- In a small pot with lid combine 2 cups of vegetable broth, 3 TBSP Worcestershire sauce, 2 TBSP apple cider vinegar, 1 tsp red pepper flakes, and 1 tsp salt.
- Cover with a lid and boil on medium until collards are cooked to your liking.

How do I Eat It?

Spoon rice, collards, and squash into one bowl and enjoy! Yum!

Information about the program/contact information goes here!