

# Vegan Smoky Butternut Squash Sauce with Beans on Toast



Source: Withfoodandlove.com, Better Vegan Category: Vegan Entrees & Sides

Prep Time: 5 min Cook time: 35 min Total Time: 40 min

Makes 2 cups sauce

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## Ingredients:

1 small butternut squash  
4 Tbsp. coconut or avocado oil, divided  
1+ cups filtered water  
1/4 cup raw cashews  
1/4 tsp. garlic powder  
1/2 tsp. ground turmeric  
1/2 tsp. smoked paprika  
Pink Himalayan salt, to taste  
Black pepper, to taste  
1 cup cooked white beans  
1/4 cup green onions or chives, thinly sliced  
1/2 cup fresh parsley, minced  
2 Tbsp. lemon juice  
Gluten-free bread (try our [Better Vegan Grain-Free Gluten-Free Bread](#))

Recipe Link:

<https://www.betterveganrecipes.com/smoky-butternut-sauce-on-toast>

## Instructions:

1. Preheat the oven to 450 degrees and line a baking sheet with parchment paper.
2. Peel and cut the butternut squash into small chunks. Toss them with 2 tablespoons of oil and pinch of salt and pepper. Lay them out evenly on the baking sheet and roast for 30 minutes or until very tender and browned on some pieces.
3. Meanwhile mix together the white beans with the remaining oil, green onions or chives, parsley and lemon juice in a small bowl and set aside.
4. When the butternut squash is done roasting combine it with the water, cashews, garlic powder, turmeric, paprika and a pinch of salt and pepper in a blender and puree until totally smooth.
5. To assemble toast the bread, pour on the butternut squash sauce on it, layer on the beans and add more salt and pepper if desired.

## Notes:

Store in an airtight container in the refrigerator for up to 3 days.

Equipment needed:

Blender

Serving suggestion:

Serve this sauce on toast, pasta, roasted vegetables, grain bowls and beyond.