



**Allotment Gardening In North Essex -- At Home In The Kitchen**

## **Spicy Squash Provencale**

### **Ingredients: 4 portions**

400g 1lb diced squash  
200g 8oz onion  
1 clove garlic (chopped)  
Salt and Pepper  
50g 2oz oil or butter  
400g 1lb chopped tomatoes ( fresh  
or tinned)  
1 tsp of tomato puree  
1 or 2 tsp (depending on taste) Spicy  
Italian seasoning

### **Method:**

1. Melt the oil or butter
2. Peel and slice the onions
3. Peel the squash remove seeds and cut into 1in or 2cm square pieces
4. Cook onion and squash in the oil or butter for 2-3 min
5. Add the rest of the ingredients and seasonings
6. Cover with a lid, and cook gently in the oven or on the side of the stove until tender approx 40 min - 1hr.
7. serve

### **Note:**

The Squash can be replaced with other vegetables i.e. Mushrooms, Pumpkin, Marrow, courgette's, and Celery.  
Omit the Spicy Italian seasonings and add a little white wine for a different flavour.