

# LAZY LOCRO

**Time: 40 minutes**

**Serves: 6**

### Ingredients:

8 ounces semi-dry chorizo – sliced  
1 large onion – chopped  
4 cloves garlic – finely sliced  
2 Roma tomatoes – chopped  
4 cups butternut squash – peeled and cubed to ½”  
2 bay leaves  
2 teaspoons paprika  
1 teaspoon ground cumin  
1 ½ teaspoons kosher salt  
½ teaspoon fresh ground black pepper  
19 ounce can large beans such as lupini or Romano– rinsed and drained  
4 cups water  
6 green onions - sliced

### Preparation:

Place a large pot in medium-high and add the chorizo. Stir occasionally for seven minutes, then add the onion and garlic, stirring occasionally for another five minutes.

Add all remaining ingredients with the exception of the green onions. Turn the heat to high, bring to a boil, then reduce the heat and simmer partially covered for ten minutes.

Remove from heat and serve sprinkled with the green onions.

### Nutritional Information Per Serving:

Calories: 269  
Fat: 14g  
Carbs: 27g  
Fibre: 4g  
Protein: 12g