

## Grocery and equipment list: Spaghetti squash boats with black beans and Enchilada sauce

### SPAGHETTI SQUASH BOATS WITH BLACK BEANS AND ENCHILADA SAUCE – Serves 4

**Fridge:**

1 cup shredded (or 8 slices) Monterey Jack cheese  
Cilantro leaves  
Green Bell pepper

**Pantry:**

1 can (127 g/4.5 oz) chopped green chilies  
1 can (400 ml/14 oz) black beans  
1 cup unsalted vegetable broth  
1 medium white or yellow onion  
2 large spaghetti squash  
3 Tbsp tomato paste  
All-purpose flour  
Chili powder  
Cumin  
Dried oregano  
Extra virgin olive oil  
Fresh garlic  
Freshly ground black pepper  
Garlic powder  
Kosher salt

**Equipment:**

9x13 rectangular baking dish  
Baking sheet  
Cutting board  
Fork  
Knife  
Large skillet  
Measuring cups and spoons  
Oven  
Oven mitts  
Parchment paper or aluminum foil  
Spoon  
Strainer  
Tongs  
Trivet

