

Crock Pot Coconut Butternut Squash



This is a great easy side dish that goes with everything! And it only takes two ingredients to make it.

Are you ever in need of a quick and easy side dish? This vegetarian option only takes TWO INGREDIENTS and cooks on low for about four hours. It also goes with just about anything, so there's no need to amp it up with crazy flavor– just dump it in and hit start.

The prep work for this dish is less than five minutes if you start with a whole squash– or about 30 seconds if you buy it already prepped. Now I'm a big fan of doing things yourself... I buy whole mushrooms, not the sliced ones, because I don't like the brown edges. I buy the pineapple already cored because otherwise it looks like a porcupine and I don't want to get pricked. And let's not even move to the meat department and the ease and efficiency of getting chicken that is already

boneless and skinless!

But I digress. My apologies. Back to making things easy– I often buy butternut squash that's already been prepped. It's fresh and easy and pure in its raw state; it just has the seeds and skins removed which is actually sort of a difficult task to accomplish. You can try [something like this](#) to peel it, but it's a challenging task, especially on a Monday! If you want to prep it yourself, that's fine... the measurements are still the same. Plus, with only two ingredients, you don't really to be too precise.

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Serves 6 (as side dishes)

2 lbs. butternut squash, peeled and seeds removed, then cut into chunks

1 13.5 oz can coconut milk (light or regular is fine)

Put both ingredients in the crock pot, cook on low for 4 hours. That's it!