



Makes 4 cups
Preparation Time: 20 minutes
Cook Time: 20 minutes

INGREDIENTS:

- 1 cup finely chopped onion
- 1 tablespoon reduced-sodium soy sauce or tamari
- 1 2-lb. kabocha or red kuri squash, peeled, seeded, and chopped (4 cups)
- 2 tablespoons pure cane sugar
- ½ teaspoon sea salt
- ½ teaspoon Chinese five-spice powder
- ½ teaspoon crushed red pepper
- ½ teaspoon ground cumin

Five-Spice Kabocha Squash Bao Bun Filling

As one of three filling options for our [homemade vegan bao buns](#), this succulent squash stuffing will leave you reaching for a second bun before you've finished the first. Flavored with cumin and Chinese five-spice, diced kabocha [squash](#) becomes soft and tender when steamed inside a fluffy whole wheat bun. Caramelized onion delivers finger-licking flavor while crushed red pepper adds a touch of heat to ensure this unforgettable filling has a comforting balance of earthy sweetness and spice. This recipe makes enough filling for 20 bao buns.

Tip: To make this recipe gluten-free, substitute gluten-free tamari for the soy sauce.

For more vegan bao bun recipes, check out these tasty ideas:

- [Bok Choy and Shiitake Mushroom Bao Bun Filling](#)
- [Zucchini, Tofu, and Carrot Bao Bun Filling](#)
- [Vegan Bao Buns](#)

By Hannah Che

- 1 Heat a nonstick saucepan over medium-high. Add onion and 1 tablespoon water. Cook 5 minutes or until onion is slightly translucent and fragrant, stirring frequently and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add soy sauce; cook until liquid evaporates, stirring frequently.
- 2 Transfer to a food processor. Add the remaining ingredients. Pulse until finely chopped. Use immediately.
- 3 Use filling in our [vegan bao bun recipe](#). Alternatively, ladle into lettuce cups or serve over brown rice.