

Hearty Autumn Squash Stew (from the Weekly Dirt 11/3)



Making this stew is a great way to stay warm and use up any leftover vegetables that you have in your kitchen. The great thing about this recipe is that you can add pretty much any vegetable to it and if you don't have one of the ingredients listed below, no worries! You will still be able to create a delicious and healthy stew to warm up on these chilly fall days. The recipe I provided makes about 3 servings, so adjust the amounts based on how many people you need to feed.

Ingredients:

- 1 cup of cubed butternut squash, peeled and cut into 3/4 inch pieces
- 1 cup worth of potatoes, washed and cut into 3/4 inch pieces
- 1 large carrot, peeled and cut into 3/4 inch pieces
- olive oil
- 1 small onion, diced
- 3 small tomatoes, diced

- 2 cups vegetable stock
- 2 cups of chopped mixed kale and collard greens
- 1 cup of chickpeas or any other bean you have on hand
- Seasonings
 - 1 tbsp thyme
 - 1 tbsp garlic powder
 - 1 tsp paprika
 - salt and pepper

Instructions:

1. Start by preparing your vegetables. Peel and cube your butternut squash, potatoes, and carrot. Don't forget to scoop the seeds out of the butternut squash. These can either be discarded or rinsed, tossed in oil and roasted on a baking sheet at 275 degrees F for 10 minutes and used as a crunchy topping for the stew.
2. Heat about 2 tablespoons of oil in a large pot at a medium low temperature.
3. Add your chopped butternut squash, potatoes, carrots and your seasonings. Sautee this while you prep the rest of your ingredients.
4. Slice up your onion and chop your tomato.
5. After about 10 minutes, add the onion and let that cook for another 5 minutes.
6. Then, add in your diced tomatoes and vegetable stock. Adjust your seasonings at this point. You can add as much or as little as you like. Let that come to a boil and then bring it back down to a simmer.
7. Add your mixed greens and your beans.

8. Cover with a lid and let cook for about 30 minutes or until the butternut squash, potatoes, and carrots are soft enough for your liking.
9. Adjust the seasoning levels one more time and enjoy!