

butternut and chickpea stew



DIFFICULTY: medium **PREPARATION TIME:** 20 minutes
SPECIAL DIETS: vegan, gluten-free **TOTAL COOKING TIME:** 1 hour 50 minutes
YIELD: 8 servings

This hearty stew is a protein-rich bowl of autumn deliciousness. The caramelized squash and carrots add a sweetness that is balanced with the spiciness of the harissa red pepper sauce.

INGREDIENTS:

- 1 butternut squash (about 3.5-4 lbs), peeled, seeded, and sliced into 2" thick pieces
- 2 onions, chopped
- 3 carrots, peeled and chopped
- 2 ½ cups chickpeas (2 15.5oz cans, drained and rinsed)
- 28 oz diced tomatoes
- 4 tsp harissa (or 2 tsp of chili paste)
- 1 tbsp cumin
- 2 tsp paprika
- ½ cup chopped parsley, separated
- 1 cup water
- ½ cup orange juice
- extra virgin olive oil, salt, and pepper

PREPARATION:

- **PREHEAT** oven to 450°F
- **ARRANGE** sliced butternut squash on a lined baking sheet
- **DRIZZLE** liberally with olive oil, season with salt and pepper
- **ROAST** for 30 min, turn vegetables over, roast an additional 20 min, **REMOVE** from oven
- **SAUTE** onions on low heat with olive oil, in soup pot until soft, about 5 minutes
- **ADD** cumin, paprika and ¼ cup parsley, to pot, **COOK** for 1 minute
- **ADD** carrots and water to pot, **SIMMER** for 10 minutes,
- **ADD** tomatoes and chickpeas, **SIMMER** for 10 minutes
- **ADD** in harissa, squash, orange juice and remaining parsley, **SIMMER** for 5 minutes
- **SEASON** with salt and pepper to taste

NUTRITIONAL INFORMATION:

serving size = 2 cups (496g)

calories 306 | fat 8.6g | protein 8.3g | carbs 53.3g | sugars 16.2g | fiber 11.3g | cholesterol ~mg

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INGREDIENTS:

- 1 butternut squash (about 1.7-2kg), peeled, seeded, and sliced into 2" thick pieces
- 2 onions, chopped
- 3 carrots, peeled and chopped
- 800g chickpeas (2 439g cans, drained and rinsed)
- 800g diced tomatoes
- 20g harissa (or 10g of chili paste)
- 6g cumin
- 4g paprika
- 30g chopped parsley, separated
- 250mL water
- 125mL orange juice
- extra virgin olive oil, salt, and pepper

PREPARATION:

- **PREHEAT** oven to 450°F/230°C
- **ARRANGE** sliced butternut squash on a lined baking sheet
- **DRIZZLE** liberally with olive oil, season with salt and pepper
- **ROAST** for 30 min, turn vegetables over, roast an additional 20 min, **REMOVE** from oven
- **SAUTE** onions on low heat with olive oil, in soup pot until soft, about 5 minutes
- **ADD** cumin, paprika and ¼ cup parsley, to pot, **COOK** for 1 minute
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