

Curried Butternut Squash and Chickpea Stew



Prep time: 30 minutes

Cooking time: 30-40 minutes

Servings: 8

Ingredients

- 1 large butternut squash
- 1 can (14 oz) chickpeas
- 1 medium onion, chopped
- 2 celery stalks, chopped
- 1 large red pepper, chopped
- 3 cloves garlic, minced
- 1 can (28 oz) diced tomatoes, drained
- 1 small can tomato paste
- 1 Tbsp fresh ginger, grated
- 2 cups chicken broth, plus ½ cup
- 1 heaping Tbsp hot curry paste (i.e. Patak's Madras Curry Paste)
- 1 tsp ground cumin
- 1 tsp turmeric powder
- 2 Tbsp olive oil
- Fresh cilantro for garnish

Protein option: add 2 diced chicken breasts

Directions:

- Preheat oven to 400°F (200°C).
- Peel and cube (1-in cubes) the squash, spread on a sheet pan and toss with olive oil. Roast for 30-40 minutes, or until cubes are easily pierced by a fork.
- Meanwhile, simmer onions and celery in ½ cup chicken stock until soft (approx. 10 min).
- Add garlic, ginger and red pepper to onion/celery mixture and continue to simmer another 5 minutes.
- Add seasonings and 2 cups chicken stock (and cubed chicken if desired) and stir to combine, and simmer for another 5 minutes.
- Add roasted squash and stir to combine.
- To thicken the stew, combine ¼ cup flour and 2/3 cup water, stir vigorously, pour into simmering stew and stir until thickened.

Recipe by Linda Andersen