Tex Mex Butternut Squash and Quinoa Stew



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Recipe by: Laura Vitale

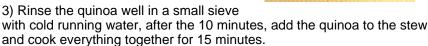
Serves 4-6

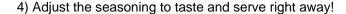
Prep Time: 15 minutes Cook Time: 30 minutes

Ingredients

- __1 Medium Yellow or Red Onion, chopped __4 cups of Cubed Butternut Squash, peeled and diced
- __3 Cloves of Garlic, minced
- __1 14oz can of Diced Tomatoes
- __1 14oz can of Chickpeas, drained and rinsed
- __6 cups of Vegetable Stock
- __2 Tbsp of Olive Oil
- __1/2 tsp of Ground Cumin
- __1/2 tsp of Paprika
- __1 tsp of Dried Oregano
- __1 tsp of Chili Powder
- __1 tsp of Granulated Garlic
- __1 cup of Quinoa
- __Salt and Pepper, to taste

- 1) In a heavy duty large pot, add the olive oil, preheat it over medium heat, add the butternut squash, onions and garlic along with a small pinch of salt and pepper and saute for about 7 to 8 minutes or until they begin to soften and develop some color.
- 2) Add the stock, tomatoes, spices, and chickpeas, bring to a boil, reduce heat to medium and simmer for 10 minutes.





NOTE: As the stew sits it will thicken. When you want to reheat it, add a bit more stock to reach your desired consistency.

