

Recipe adapted from [Eating Well](#).



Amazon Squash and Bean Stew

1 buttercup (or acorn squash), roasted and chopped
2 T olive oil, divided
Salt to taste
4 cloves garlic, minced
2 carrots, peeled and chopped
1 onion, chopped
4 c vegetable broth
2 c water
1 plum tomato, chopped

1/4 teaspoon crushed red pepper
1/2 t cumin
1/4 t oregano
1 t turmeric
1/4 teaspoon salt
1/8 teaspoon freshly ground pepper
1 c cooked wild rice
2 15-ounce cans chickpeas (garbanzo beans), rinsed and drained
10 oz, fresh spinach (or bag of fresh spinach)

Preheat oven to 375F. Slice the squash in half and scoop out the seeds before slicing into eighths. Place slices skin side down on a parchment lined baking sheet and brush with olive oil (roughly 1/2 to 1 tablespoon) and sprinkle with salt to taste. Roast the squash in the oven for about an hour, remove and set aside to cool. Once cool, cut away the skin and roughly chop squash into bite size pieces. (This step can be done a day in advance -just store the squash in a sealed container in the fridge until ready to use.)

Next in a large stock pot, heat the remaining oil over medium-high heat. Add the garlic, carrots and onion until they are tender, approximately 5 to 7 minutes. Next add the broth and water to the pot along with the tomato, squash and seasonings (red pepper through the ground pepper). Stir together and bring to a boil. Then reduce the heat and simmer for about 20 minutes.

Next transfer a few cups of the soup to the blender (vent the blender and cover with a cloth when blending hot liquids) and puree until smooth. Repeat with the next few cups of soup until finished. Return the soup to the pot and stir in the rice, beans and spinach. Cook over medium heat until the beans are heated through and the spinach is wilted (approximately 5-10 minutes). Serve with lemon or lime wedges and tortilla chips.