You can also use butternut squash instead of pumpkin.
PUMPKIN STEW
SERVES 6 • SERVING: 2 CUPS

INGREDIENTS:
• 1 chopped onion
• 2 chopped garlic cloves
• 2 teaspoons chili powder
• 1 teaspoon cinnamon (optional)
• 2 cups chopped tomatoes
• 3 cups chopped cooked pumpkin
• 1½ cups corn
• 4 cups cooked pinto beans
• 2 cups low sodium chicken broth
• Salt and pepper, to taste

DIRECTIONS:
1. In a large pot over medium heat, cook the onion in ½ cup water until soft, 5-10 minutes.
2. Add the garlic, chili powder, and cinnamon. Stir and cook 1 minute.
3. Add the tomatoes and cook 5 mins. Add the pumpkin, corn, beans, and chicken broth. Cover & cook 15 mins or until the pumpkin is very soft, add ½ cup water if stew is too thick.
4. Season with salt & pepper to taste.
5. Refrigerate leftovers.

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