

# PUMPKIN STEW

*You can also use butternut squash instead of pumpkin.*



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To Fruits & Vegetables  
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**FIDELIS CARE**

## PUMPKIN STEW

**SERVES 6 • SERVING: 2 CUPS**

*Just Say Yes*

To Fruits & Vegetables

### 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.

For more great recipes visit [www.foodbankst.org/jsy](http://www.foodbankst.org/jsy)

Recipe provided in partnership by the Food Bank's Just Say Yes to Fruits & Vegetables Program as funded through the USDA's Supplemental Nutrition Assistance Program – SNAP.