



# FORKS OVER KNIVES™

## **Pumpkin and Anasazi Bean Stew | by Chef Del Sroufe**

From *Forks Over Knives – The Cookbook*

Serves 6 to 8



- 1 large yellow onion, peeled and diced
- 2 large carrots, peeled and diced
- 2 celery stalks, diced
- 2 cloves garlic, peeled and minced
- 2 tablespoons cumin seeds, toasted and ground
- 2 tablespoons tomato paste
- 1 small pumpkin (about 1 pound), peeled, seeded, and cut into 1-inch cubes
- 4 cups cooked Anasazi beans
- 6 cups Vegetable Stock (recipe follows or low-sodium vegetable stock can be purchased from your local supermarket)
- Salt and freshly ground black pepper
- 6 green onions, thinly sliced

### ***Instructions:***

Place the onion, carrot, and celery in a large saucepan and sauté over medium heat for 10 minutes. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan. Add the garlic and cook for another minute. Add the cumin, tomato paste, pumpkin, beans, and vegetable stock and bring to a boil over high heat. Reduce the heat to medium and cook, covered, for 25 minutes, or until the pumpkin is tender. Season with salt and pepper, and serve garnished with the green onion.

## **Vegetable Stock**

*Makes about 6 cups*

**1 large onion, peeled and chopped**  
**2 large carrots, peeled and chopped**  
**2 celery stalks, chopped**  
**8 cloves garlic, peeled and smashed**  
**8 sprigs parsley**  
**1/2 cup green lentils, rinsed**

### ***Instructions:***

Scrub the vegetables and chop them roughly into 1-inch chunks. In a large pot, add the onion, carrots, celery, garlic, parsley, and lentils and cook them over high heat for 5 to 10 minutes, stirring frequently. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan. Add 2 quarts of water and bring to a boil. Lower the heat and simmer, uncovered, for 30 minutes. Strain the stock carefully and discard the solids.

### ***Note:***

Vegetable stock keeps for up to a week in the refrigerator and several months in the freezer. Freeze stock in ice cube trays, and then keep frozen stock cubes on hand to add to dishes that call for small quantities of stock or water.

Low-sodium vegetable stock can also be purchased from your local supermarket.