



Makes 10 cups
Preparation Time: 25 minutes
Cook Time: 1 days 50 minutes

INGREDIENTS:

8 cups low-sodium vegetable broth

¼ cup dried small lima beans, soaked overnight (see tip, recipe intro)

¼ cup dried black beans, soaked overnight

¼ cup dried kidney beans, soaked overnight

¼ cup dried chickpeas, soaked overnight

2 cloves garlic, minced

3 bay leaves

1 cup coconut milk (fresh or canned lite)

1 medium carrot, finely chopped

3 scallions, chopped

½ teaspoon grated fresh turmeric (or 1 pinch dried)

½ teaspoon grated fresh ginger (or 1 pinch dried)

1 cup peeled and finely chopped calabaza squash

1 taro root (about 8 oz.), peeled and chopped

1 medium white sweet potato (boniato variety), chopped

1 fresh Scotch bonnet chile or habanero chile, whole (see tip, recipe intro)

1 small onion, finely chopped

5 sprigs fresh thyme

1 tablespoon coconut aminos

½ teaspoon ground allspice

Sea salt, to taste (optional)

4-Bean Jamaican Ital Stew

Ital stew is a classic one-pot Jamaican dish from the Rastafarian faith, made with root vegetables cooked in coconut milk. This extra-hearty version from **Chef Troy Levy** includes a medley of four beans, taro root, **sweet potato**, and calabaza squash. You'll need to soak the beans overnight, so get those going the night before. It's customary to use fresh coconut milk in ital cooking, but canned lite coconut milk works here, too. Seasoned with ground turmeric, ginger, allspice, and fresh thyme, this good-for-you-stew has a warm flavor that delights the taste buds. Fresh Scotch bonnet (or habanero) chile adds fiery heat to the dish; leave it out if you're serving this to children. Serve over quinoa, brown rice, or Chef Troy's tasty **Herbed Quinoa with Kale** (as pictured above) for a satisfying meal.

Tips

Calabaza Squash: Calabaza squash, also called Cuban squash or West Indian pumpkin, is a tropical winter squash. If you can't find it in your store, use kabocha, acorn, or butternut squash instead.

Lima beans: Lima beans are **also called butter beans**. Use small lima beans for this recipe, as large lima beans will need a longer cooking time.

Gloves: Wearing gloves is advised when cooking with super-hot chiles like Scotch bonnet chile or habaneros, as they contain oils that can irritate your skin and eyes.

For more inspiration, check out these tasty ideas:

- [Moroccan Butternut Squash and Chickpea Stew](#)
- [Clean-Your-Pantry Lentil-Vegetable Stew](#)
- [Roasted Garlic, Delicata Squash, and Farro Stew](#)
- [Slow-Cooker Vegan Cassoulet](#)

By Chef Troy Levy

- 1** In a 6-quart pot combine the first seven ingredients (through bay leaves). Bring to boiling; reduce heat. Cover and simmer 30 minutes or until beans are tender, adding coconut milk halfway through cooking. Add carrot, scallions, turmeric, and ginger; cook 5 minutes. Add squash, taro root, and sweet potato; cook 5 minutes more.
- 2** Stir in the remaining ingredients. Bring to boiling; reduce heat to medium. Cover and simmer 20 minutes or until taro is fork-tender. Remove and discard Scotch bonnet, thyme sprigs, and bay leaves.
- 3** Serve immediately on its own or over [Herbed Quinoa with Kale](#) or any cooked whole grain of your choosing.