



Serves 6-8

Preparation Time: 20 minutes

Cook Time: 25 minutes

INGREDIENTS:

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, or two 15-ounce cans, drained and rinsed

6 cups [Vegetable Stock](#) or low-sodium vegetable stock

Salt and freshly ground black pepper to taste

6 green onions (white and green parts), thinly sliced

Pumpkin and Anasazi Bean Stew

Anasazi beans are similar to pinto beans but have a richer flavor. They are considered an heirloom bean and are not readily available in grocery stores. If you can't find them, use pinto beans instead.

Find this recipe and more in the [Forks Over Knives Recipe App](#).

By Del Sroufe

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