



MOROCCAN BUTTERNUT SQUASH AND CHICKPEA STEW

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✂ Yields 9 cups
⌚ Ready in 35 min.

- 4 cups low-sodium vegetable broth
- 3 cups $\frac{3}{4}$ -inch pieces peeled butternut squash
- 1 14.5-oz. can no-salt-added diced tomatoes, undrained
- $\frac{1}{2}$ cup chopped onion
- 4 cloves garlic, minced
- 2 tsp. curry powder
- 1 tsp. ground cumin
- 1 tsp. paprika
- $\frac{1}{2}$ tsp. ground ginger
- $\frac{1}{8}$ tsp. cayenne pepper
- 1 5-oz. pkg. fresh baby spinach
- 1 15-oz. can no-salt-added garbanzo beans (chickpeas), rinsed and drained
- 1 cup cooked brown rice
- $\frac{1}{4}$ cup coarsely snipped fresh parsley
- Lime wedges*

1. In a 6-qt. Dutch oven combine the first 10 ingredients (through cayenne pepper). Bring to boiling; reduce heat. Simmer 18 to 20 minutes or just until squash is tender. Stir in spinach, chickpeas, and rice; heat through.
2. Top servings with parsley and serve with lime wedges for squeezing.
***TIP** Or add 2 Tbsp. lime juice to the stew at the end of cooking.
From Carla Christian

CAULIFLOWER AND WHITE BEAN SOUP

✂ Yields 8 cups
⌚ Ready in 1 hr. 5 min.

- 4 cups water
- 4 cups 1-inch pieces peeled russet potatoes
- 1 cup chopped white onion
- $\frac{1}{2}$ cup chopped parsnip
- 4 tsp. white miso paste
- 4 cloves garlic, minced
- 4 cups cauliflower florets
- 1 15-oz. can reduced-sodium cannellini (white kidney) or Great Northern beans, rinsed and drained
- Thinly sliced green onions
- Black pepper
- Lemon wedges

1. In a 5- to 6-qt. Dutch oven combine the first six ingredients (through garlic). Bring to boiling; reduce heat. Simmer, covered, 25 minutes or until vegetables are tender; cool slightly.
2. Working in batches, transfer mixture to a blender or food processor. Cover and blend or process until smooth. Return pureed mixture to Dutch oven. Stir in cauliflower and beans. Return to boiling; reduce heat. Simmer, covered, 12 minutes or until cauliflower is tender.
3. Top servings with green onions and pepper and serve with lemon wedges for squeezing.
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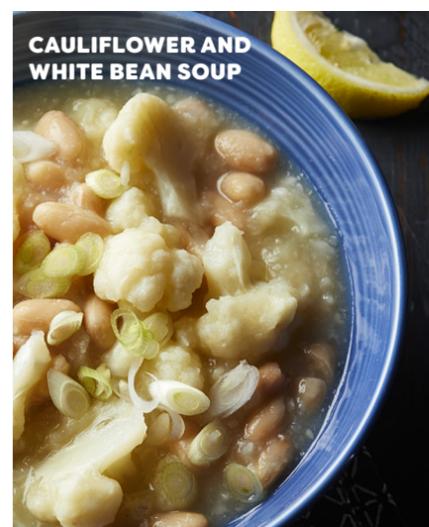
MEXICAN-SPICED ROASTED RED PEPPER AND CORN SOUP

✂ Yields 5 cups
⌚ Ready in 1 hr. 10 min.

- 4 large red sweet peppers
- 1 14-oz. pkg. frozen roasted corn
- 1 cup water
- 1 cup low-sodium vegetable broth
- $\frac{1}{2}$ cup chopped onion
- 2 tsp. chili powder
- 2 tsp. ground cumin
- 1 tsp. ground coriander
- 2 cloves garlic, minced
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. black pepper
- $\frac{1}{4}$ cup unsalted dry-roasted pumpkin seeds (pepitas)
- $\frac{1}{4}$ cup fresh cilantro leaves

1. Preheat broiler. Line a large baking sheet with foil. Place sweet peppers on the prepared baking sheet. Broil 4 to 5 inches from heat 8 to 10 minutes or until charred on all sides, turning occasionally. Transfer to a bowl. Cover with plastic wrap; let stand 10 minutes. Peel off skins; discard skins, stems, and seeds. Coarsely chop peppers.
2. Set aside $\frac{1}{4}$ cup of the corn. In a 4-qt. Dutch oven combine the chopped peppers, the remaining corn, and the next nine ingredients (through black pepper). Bring to boiling; reduce heat. Simmer, covered, 20 minutes; cool slightly.
3. Transfer mixture, half at a time, to a food processor or blender. Cover and process or blend until nearly smooth. Return pureed mixture to Dutch oven; heat through.
4. To serve, microwave the reserved corn 30 seconds or until heated through. Sprinkle soup with the reserved corn, pumpkin seeds, and cilantro.

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WORRIES GO
DOWN BETTER
WITH SOUP.
—JEWISH PROVERB