

Moroccan Inspired Butternut Squash Stew

with zero-waste chips and roasted seeds

Saturday, December 12th, 4:30-6:00 pm PST

SHOPPING LIST:

(can't get an ingredient or need a substitution? Contact Melissa in advance for ideas!)

Produce:

- 1 small organic butternut squash (~2 lb)
- 1 medium yellow onion
- 6 cloves garlic
- 1 bunch or package of fresh spinach
- 1 lemon
- Optional for garnish: cilantro

Pantry Items:

- 1 can diced tomato (15 oz)
- 1 carton (or 4 cups) vegetable broth
- 1 can chickpeas
- Spices:
 - 1 tsp ground cumin
 - ½ tsp cinnamon
 - ½ tsp coriander
 - ¼ tsp ginger
 - Pinch of cayenne
 - 1 tsp salt, plus more to taste
- Oil of choice
- Optional for garnish: plain yogurt



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serves 4 - 6

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TOOLS:

- Cutting board and sharp knife
- Baking pan
- Parchment paper
- Measuring spoons
- Can opener
- Large soup pot
- Vegetable peeler

INGREDIENTS:

Produce:

- 1 small organic butternut squash (~2 lb)
- 1 medium yellow onion
- 6 cloves garlic
- 1 bunch or package of fresh spinach
- 1 lemon
- Optional for garnish: cilantro, yogurt

Pantry Items:

- 1 can diced tomato (15 oz)
- 4 cups vegetable broth
- 1 can chickpeas
- Spices
 - 1 tsp ground cumin
 - ½ tsp cinnamon
 - ½ tsp coriander
 - ¼ tsp ginger
 - Pinch of cayenne
 - 1 tsp salt + more to taste

METHOD:

1. Preheat oven to 400 degrees.
2. Dice onion and mince garlic.
3. Wash and peel butternut squash in long strips. Place peels onto parchment lined baking pan and toss in olive oil, salt, and spices of choice. Bake for approximately 10-15 minutes, checking frequently, until skins are golden and crispy.
4. Cut butternut squash into bite sized cubes, removing seeds and setting aside.
5. In a large soup pot, heat 1 Tbs oil over medium heat. Saute onion 5-10 minutes, stirring occasionally, until soft and translucent.
6. While the onion is cooking, measure spices (spice amount may be increased for more intense flavor) and wash and drain chickpeas.
7. Add spices and garlic to onion, and stir until fragrant, about 1-2 minutes.
8. Add broth, canned tomatoes, squash and chickpeas. Bring stew to a boil, then cover and reduce heat, allowing stew to simmer for 25-30 minutes or until squash is tender.
9. While stew is cooking, reduce oven temperature to 300, remove seeds from pulp and place on baking tray. Toss with a small amount of oil, salt and desired spices and roast for 15 - 45 minutes (depending on the size of the seeds), tossing after 10 minutes and removing once golden and crispy.
10. In last few minutes of cooking, stir in spinach and allow to wilt. Season stew to taste and serve with lemon wedge, and optional cilantro and yogurt.



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