

BUTTERNUT CHICKPEA STEW

INGREDIENTS

1 red onion, diced
4 carrots, sliced
2 stalks celery, diced
4 cloves garlic, minced
1 butternut squash, peeled, cubed
4 cups veggie stock
2 cups tomato juice
1 can diced tomatoes
1 can drained chickpeas
1/4 c aminos or tamari
1/4 cup lime juice
1/4 cup maple or date syrup
1 tbsp ground coriander
1 tbsp minced ginger
1 tsp minced turmeric
1 tsp green chili peppers
1/2 tsp black pepper
1/2 can lite coconut milk
1/2 bunch fresh cilantro

DIRECTIONS

1. Heat stock pot over medium heat. Add onions, carrots, celery, and garlic and sauté 10 min. Add veggie broth if needed.
2. Add squash and sauté 5 min.
3. Add everything else except coconut milk and cilantro. Bring to a boil then reduce to a simmer for 30 min or until veggies are all tender.
4. Remove from heat, add coconut milk, and serve topped with chopped cilantro

