Dinner, Latin American

Calabaza Squash Chowder with Pepitas

Calabaza squash simmered with tomato, sweet and hot peppers, ginger, and thyme makes a cozy blended-style chowder brightened with lime and cilantro and topped with toasted pepitas.



Vegetarian

55 min	70	16 g	6 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 2 lbs calabaza squash (peeled and chopped)
- [ ] 8 cup low sodium vegetable broth (or use water)
- [ ] 1 large tomato(es) (chopped)
- [ ] 1 med onion(s) (chopped)
- [ ] 1 med green bell pepper (chopped)
- [ ] 1 med jalapeño pepper (seeded and minced)
- [ ] 1 tbsp fresh ginger (minced)
- [ ] 8 stalks green onion (scallion) (chopped)
- [ ] 3 sprig fresh thyme (or 1 teaspoon dried thyme)
- [ ] 1/4 cup cilantro (chopped)
- [ ] 2 tbsp fresh lime juice
- [ ] 1/8 tsp salt
- [ ] 1 tbsp pepitas (toasted)

Nutrition Facts

Per serving

Calories	70
Total fat	0.5 g
Saturated fat	0 g
Sodium	170 mg
Total carbs	16 g
Fiber	3 g
Total sugars	6 g
Protein	2 g

Method

- [ ] **1** Combine the calabaza squash, low sodium vegetable broth, tomato, onion, green bell pepper, jalapeño pepper, fresh ginger, green onion, and thyme sprigs or dried thyme in a nonreactive large saucepan.
- [ ] **2** Bring to a boil, then reduce the heat and simmer uncovered for 45 minutes, stirring occasionally, until all the vegetables are tender.
- [ ] **3** Stir in the cilantro, fresh lime juice, and salt.
- [ ] **4** Pick out and discard the thyme stems.
- [ ] **5** Ladle into bowls and garnish each serving with pepitas.

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