Dinner

Hearty Chickpea and Squash Stew

Tender chunks of butternut squash and unpeeled red potatoes simmer with tomatoes, oregano, and chickpeas, with a spoonful of peanut butter stirred through at the end. A scatter of chopped parsley brightens each bowl.



Freezer safe

50 min	160	27 g	5 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 1 med butternut squash
- [ ] 2 tsp olive oil
- [ ] 1 large onion(s) (chopped)
- [ ] 3 clove garlic (minced)
- [ ] 1/2 lbs red potatoes (unpeeled and cut into quarters)
- [ ] 1 cup low sodium chicken broth (low-fat, reduced-sodium)
- [ ] 1 (14 ounce) can canned diced tomatoes (undrained, try fire roasted for more flavor)
- [ ] 3/4 tsp dried oregano (dried)
- [ ] 1/8 tsp kosher salt
- [ ] 1/8 tsp freshly ground black pepper, to taste
- [ ] 1 (15 ounce) can chickpeas (garbanzo beans) (drained and rinsed)
- [ ] 2 tbsp natural creamy peanut butter (stirred well until smooth)
- [ ] 2 tbsp parsley (chopped)

Nutrition Facts

Per serving

Calories	160
Total fat	4 g
Saturated fat	0.5 g
Sodium	380 mg
Total carbs	27 g
Fiber	5 g
Total sugars	5 g
Protein	5 g

Method

- [ ] 1 Microwave the whole butternut squash for 5 minutes, then set it aside to cool until easy to handle.
- [ ] 2 Cut the butternut squash in half crosswise, peel off the skin with a sharp knife, cut each half lengthwise, and scoop out the seeds from the bottom half.
- [ ] 3 Chop the butternut squash into 1-inch chunks and set aside.
- [ ] 4 Heat the olive oil in a large Dutch oven over medium heat.
- [ ] 5 Sauté the chopped onion and minced garlic for 5-6 minutes.
- [ ] 6 Add the butternut squash and the quartered red potatoes and stir to coat with the onion and garlic.
- [ ] 7 Pour in the low sodium chicken broth and the undrained canned diced tomatoes, then season with the dried oregano, Kosher Salt, and Freshly ground black pepper.
- [ ] 8 Bring to a boil, lower the heat to a simmer, cover, and cook over medium-low heat for about 20 minutes, until the butternut squash and red potatoes are tender.
- [ ] 9 Gently mix in the drained chickpeas and the natural creamy peanut butter and cook for 5 minutes.
- [ ] 10 Serve scattered with the chopped parsley.

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