

Pumpkin Stew

Just Say Yes to Fruits and Vegetables

This pumpkin stew will warm your bones on a cold winter day!



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Serves 6 • Serving: 2 cups

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Vegetables

Save the pumpkin seeds and roast them for a great source of protein!

Ingredients:

- 1 chopped onion
- 2 chopped garlic cloves
- 2 teaspoons chili powder
- 1 teaspoon cinnamon (optional)
- 2 cups chopped tomatoes
- 3 cups chopped cooked pumpkin
- 1½ cups corn
- 4 cups cooked pinto beans
- 2 cups low sodium chicken broth
- Salt and pepper, to taste

Directions:

1. In a large pot over medium heat, cook the onion in ½ cup water until soft, 5-10 minutes.
2. Add the garlic, chili powder, and cinnamon. Stir and cook 1 minute.
3. Add the tomatoes and cook 5 minutes. Add the pumpkin, corn, beans, and chicken broth. Cover and cook 15 minutes or until the pumpkin is very soft, adding ½ cup water if stew is too thick.
4. Season with salt and pepper to taste. Enjoy!
5. Refrigerate leftovers.