

## Squash Stew with Warm Spices and Spinach – Chef Alison Mountford



### Ingredients

- 2 tablespoons olive oil
- 1 yellow onion
- 1 acorn squash
- 1 pound russet potato
- 2 cloves garlic
- 1" fresh ginger
- 1 teaspoon Kosher salt
- 1 1/2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1/4 teaspoon ground cinnamon
- 2 Tablespoons tomato paste
- 1 teaspoon apple cider vinegar
- 1 15-oz can garbanzo beans
- 4 cups water
- 4 cups fresh baby spinach
- ¼ cup Greek yogurt (optional for serving)
- 4 naan or pita (optional for serving)

### Instructions

#### CHOP

1. Mince the onion. Mince the garlic and ginger.
2. Peel, halve, and scoop seeds from the squash. Dice.
3. Peep and dice the potatoes.

#### SAUTE

1. Over medium heat, warm the olive oil, then sauté the onions, garlic and ginger (if using) for about 5 minutes or until they're a bit tender and picking up some golden brown color.
2. Add all of the spices and stir well for 30 seconds. Add the tomato paste and incorporate it into the spices, cooking it on the bottom of the pan for 60 seconds.

#### SIMMER

1. Add the chopped squash and potato. Add the water and the entire can of garbanzo beans including the liquid. Bring to a full boil, then reduce to a simmer. Stir occasionally and cook for about 30-40 minutes or until the squash is tender.

#### SPINACH

1. Stir in the spinach until it just begins to wilt. Add the cider vinegar and do a final taste test. Add more salt if needed.

#### SERVING

1. Serve in deep bowls with slices or naan or pita. If desired, top with a dollop of Greek yogurt.