

Chilean Bean Stew

2 tbs. Vegetable oil
2 cups Onions, chopped
4 cloves garlic, minced or pressed
1.5 teaspoons salt
.5 teaspoon ground black pepper
.25 teaspoon cayenne pepper
3 cups water
4 cups butternut squash, peeled, seeded, and cubed (2 large)
3 cups corn kernals, fresh, frozen, or canned
3 cups red pinto beans, two 15 oz cans, drained and rinsed, works great
.5 cups fresh basil, chopped

Servings/Yield

5 servings

Time

- Active: 45 Minutes

Method

Heat the oil in a large soup pot.

Add the onions, garlic, salt, black pepper, and cayenne and saute on medium heat for 5 minutes.

Add the water and the squash, cover, bring to a boil; then reduce the heat and simmer for 10 minutes.

Stir in 1 cup of the corn and the beans and basil.

Cover and continue to simmer for another 5 to 10 minutes, until squash is soft.

Ladle 2 cups of the broth from the stew into a blender (or VitaMix for best results!). Add the remaining 2 cups of corn and puree until smooth.

Stir the pureed corn back into the stew.

Gently reheat before serving if necessary.

Serving suggestion: Serve with corn bread and a great salad.

