



HARVEST STEW WITH TOASTED SEEDS

- 1 acorn or butternut squash, peeled and cubed
- 4 sweet potatoes, peeled and cubed
- 2 potatoes, peeled and cubed
- 1 teaspoon olive oil
- 1 medium yellow onion, diced
- 3 clove garlic, minced or pressed
- 2 jalapeno peppers, seeded and minced
- 1 green pepper, diced
- 1 teaspoon salt
- 1 ½ teaspoons ground cumin
- 3 Tablespoon chili powder
- 14 ½ oz. stewed tomatoes (preferably Muir Glen organic brand)
- 14 ½ oz. tomato sauce (preferably Muir Glen organic brand)
- 16 ounces hominy or garbanzo beans
- 16 ounces kidney or black beans
- 1 cup water

Simmer acorn squash, sweet potatoes, and potatoes together in large stock pot until soft but not mushy. Drain in colander. Meanwhile, heat oil in sauté pan and cook onion for a few minutes until it becomes translucent. Add jalapenos, green pepper and garlic, then add salt, chili powder and cumin. Cook for about 5 minutes. Pour onion mixture into stock pot, then add tomatoes, tomato sauce, beans and/or hominy, and water. Add squash and potatoes back into stock pot. Cook on medium heat for 10-15 minutes.

Garnish with pumpkin seeds, which you can buy already seasoned or season raw ones as follows:

- 1 cup raw pumpkin seeds (available at any natural foods grocery store)
 - 1 teaspoon olive oil
 - ½ teaspoon salt
 - ½ teaspoon cayenne
- Mix all ingredients together and then bake for 15 minutes at 350 degrees.

Adapted from a recipe by John Borders.

