

BEAN, CORN, & SQUASH STEW

A perfect pairing with rice, couscous, tortillas, corn bread, or biscuits!

Jill Yarbrough, MSU Dining Services Test Kitchen Manager

Featured Food: Winter Squash

Yield: Serves 6-8

Ingredients

1 T. vegetable oil	1-14 oz. can crushed tomatoes
½ c. onions, diced	1 acorn or butternut squash: peeled, seeded and diced into 1/2 " pieces
2 t. garlic, minced	½ c. water
½ large red pepper, diced	2 t. vegetable base (in the grocery store, next to canned soups and broths)
½ large green pepper, diced	• 1-15.5 oz. can kidney beans, drained
½ t. paprika	• 2 c. frozen corn
½ t. crushed red pepper or cayenne	• 2 T. basil, chopped
¼ t. oregano	• salt and pepper to taste

Preparation

Saute garlic and onions in oil for 2-3 minutes. Add peppers and dry spices, continue to cook. Add crushed tomatoes, squash, water and vegetable base and simmer until squash is tender, about 20 minutes.

Add beans, corn, and basil. Bring to simmer and cook for a few minutes. Season with salt, pepper, and spices as desired.

Delicious served with rice, couscous, tortillas, corn bread, or biscuits.