Recipe For Health | NOVEMBER 2007

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