

# NYBG

EDIBLE ACADEMY  
FRESH FROM THE GARDEN TASTINGS



## CORN, SQUASH AND BEAN STEW

Adapted from [foodandwine.com/recipes](http://foodandwine.com/recipes)  
Yields 4 servings

### Ingredients

- ¼ cup extra virgin olive oil\*
- 2 onions, chopped
- 2 cloves garlic, minced
- ½ teaspoon paprika\*
- ¼ teaspoon cayenne pepper\*
- 1 teaspoon oregano\*
- 2 Tablespoons drained chopped pimientos (one 4-ounce jar)
- 1 cup crushed tomatoes with basil\*
- 1 butternut squash (about 2 pounds), peeled, halved lengthwise, seeded, and cut into 1-inch dice or 2 -15 ounce cans butternut squash puree
- 2 teaspoons sea salt coarse\*
- 2 cups dark red kidney beans\*, drained and rinsed
- 2 cups fresh (cut from 4 ears) or sweet yellow corn\*
- ½ cup chopped fresh basil (optional)

\*365 Everyday Value® products are found exclusively at Whole Foods Market®.

### Instructions

In a large pot over medium heat, warm the oil. Add the onions and cook, stirring occasionally, until translucent, about 5 minutes. Bring heat to medium-high, then add the garlic, paprika, cayenne, and oregano and cook, stirring, until fragrant, about 1 minute.

If preparing uncooked squash, add diced squash and 1½ cups of water. If using canned, pureed squash, add puree and ½ cup water, adding more if you would like to thin your stew. Stir in the pimientos, tomatoes, and salt and bring to a simmer. Cook the stew, covered, stirring occasionally, until the squash is almost tender, about 15 minutes. If you are using squash puree, cook until simmering vigorously, then lower heat. Add the beans and corn and cook until the corn is just tender, about 5 minutes. While stew is still hot, stir in the basil. Serve.

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