

## Garden Chef Roasted Pumpkin Harvest Stew

<b>3 Cups</b>	<b>Roasted pumpkin, cubed</b>
<b>1</b>	<b>Large onion, diced in medium sized pieces</b>
<b>2 Cloves</b>	<b>Garlic, minced</b>
<b>2</b>	<b>Serrano chilies, seeded and finely chopped</b>
<b>1 Tsp</b>	<b>Oregano</b>
<b>1 Tsp</b>	<b>Ground cumin</b>
<b>1/8 Tsp</b>	<b>Ground cloves</b>
<b>1 Tbsp</b>	<b>Paprika</b>
<b>2 Tbsp</b>	<b>Olive oil</b>
<b>2 Tbsp</b>	<b>Olive oil for sautéing onions</b>
<b>1 Cup</b>	<b>Canned pinto beans, drained and rinsed</b>
<b>1 Can</b>	<b>Fire roasted tomatoes, 15 oz</b>
<b>1 1/2 Cups</b>	<b>Corn (frozen or fresh)</b>
<b>2-3 Cups</b>	<b>Vegetable broth, more as needed</b>
<b>1/2 Cup</b>	<b>Cilantro, roughly chopped</b>
	<b>Salt and pepper</b>

Peel and remove seeds from a small pumpkin. Cut into 1-inch cubes. Toss cubes with 2-3 Tbps olive oil and 1 Tsp sea salt. Spread cubes on a baking sheet and roast at 400° for approximately 30 minutes. Cubes should be just tender when pierced with a fork.

Toast spices in a dry skillet for a few seconds until fragrant. Remove from heat immediately and place in a small bowl.

Saute onions in 2 tablespoons olive oil for 3-5 minutes. Add Serrano peppers and sauté for 2 minutes. Add garlic and sauté for about 30 seconds. Add toasted spices and sauté for 1-2 minutes. Add tomatoes, corn, pinto beans, roasted squash and vegetable broth. Add salt and pepper to taste. Cook for approximately 15 minutes on medium heat. Serve garnished with cilantro.



ATLANTA BOTANICAL GARDEN

*Recipe by Garden Chef Amanda Dew Manning*