

Curried Squash Stew

1 large or two small onions, thinly sliced
Chopped garlic if you want it
1 ½ T grated fresh ginger
2 t ground cumin
1 ½ t ground coriander
1 ½ t ground turmeric
1 t curry powder
1 jalapeno finely chopped, chopped dried chilies, cayenne pepper or hot sauce, for some kick
1 small can diced tomatoes, with juice, plus a chopped fresh tomato or two if you're looking to get rid of some
1 butternut or acorn squash (about 1 lb), peeled, seeded, and cubed
Optional additional veggies (a few of many possibilities):
 Large-diced red pepper
 Kale, chard, or spinach, stemmed and roughly chopped
 Carrots, peeled and sliced
Fresh cilantro, chopped
Juice of half a lemon

In a decent-sized, heavy pot (I use a cast iron Dutch oven), heat a few T olive or veg oil, then add one at a time, cooking a minutes or two between each addition, onions, red pepper (if using), grated ginger and garlic, jalapeno or other heat, and finally dry spices. Within 10 minutes total, you should have a mass of highly seasoned, fairly tender starter veggies. Add the diced tomatoes and juice, and about 3/4 cup of water, stir well and season with salt and pepper. Then add the squash and any optional additional veggies, stir it again, and set it to cook over medium (or slightly lower heat) for a half hour or so, until the squash is tender, giving it a stir every once in a while. The squash releases water as it cooks, I think, so you probably won't have to add water, but you can if it seems dry. Taste it for seasoning as it heats and adjust if needed. Throw the cilantro and lemon juice in right before serving. This is nice over basmati rice.

Recipe lends itself well to throwing in other veggies you may be looking to clear out. I could see adding cauliflower, frozen peas, maybe even white potatoes. I'd think twice about broccoli, mushrooms, or green beans.