



BUTTERNUT CHICKPEA STEW

INGREDIENTS:

- 1 red onion, diced
- 4 carrots, sliced
- 2 stalks celery, diced
- 4 cloves garlic, minced
- 1 butternut squash, peeled, cubed
- 4 cups veggie stock
- 2 cups tomato juice
- 1 can diced tomatoes
- 1 can drained chickpeas
- 1/4 c aminos or tamari
- 1/4 cup lime juice
- 1/4 cup maple or date syrup
- 1 tbsp ground coriander
- 1 tbsp minced ginger
- 1 tsp minced turmeric
- 1 tsp green chili peppers
- 1/2 tsp black pepper
- 1/2 can lite coconut milk
- 1/2 bunch fresh cilantro

DIRECTIONS:

1. Heat stock pot over medium heat. Add onions, carrots, celery, and garlic and sauté 10 min. Add veggie broth if needed.
2. Add squash and sauté 5 min.
3. Add everything else except coconut milk and cilantro. Bring to a boil then reduce to simmer for 30 min or until veggies tender.
4. Remove from heat, add coconut milk and serve topped with chopped cilantro.



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