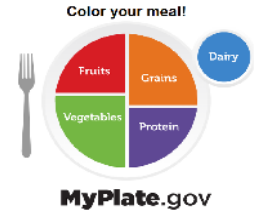




CHILEAN VEGETABLE STEW



Ingredients:

2 cups butternut squash, peeled and diced
1 red onion, diced
1 can no salt added diced tomatoes
1 cup collard greens, Swiss chard, or kale
Fresh basil, sliced for topping
3 Tablespoons olive or other oil
Salt and pepper to taste

3 red or purple potatoes, diced
1 cup mushrooms, chopped
1 cup baby spinach
4 cloves garlic, minced
Parmesan cheese, grated for topping
1 cup water
1 Tbsp Mexican oregano

Directions:

1. Heat oil in large saucepan over medium-high heat. Add butternut squash and potatoes, sauté until starting to soften, stirring occasionally.
2. Add onion, tomatoes, mushrooms, spinach, and greens. Cook until onions soften, spinach and green wilt, and mushrooms release water, stirring occasionally.
3. Add garlic, Mexican oregano, salt, and pepper. Cook briefly until fragrant. Add water. Bring to a boil then reduce heat to a simmer. Cook until squash and potatoes are cooked thoroughly, 15-20 minutes. Add more liquid 1/4 cup at a time if needed.
4. Serve in bowl, top with fresh basil and parmesan cheese. Enjoy!

Find more recipes and resources online at: www.gcfb.org/recipes_resources

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