

A Simple Squash Stew

Just in time for Halloween is this take on Anna Jones' six-ingredient squash stew. There happen to be just a few more than six ingredients but they are all items you're likely to have on hand.

Ingredients

Olive oil, for frying

1 onion, peeled and finely chopped

1 fennel bulb, finely chopped (or a small celery root, peeled and chopped)

2 carrots, finely chopped

Salt and black pepper

1.5kg (3 lbs) kabocha squash chopped into bite sized pieces keeping the peel intact (or pumpkin, delicata, or butternut will do as well)

1 small bunch of fresh thyme leaves, discarding the stems or chopped fine

1 handful split red lentils

1 vegetable bouillon cube

1 can of chickpeas, rinsed and drained

Plant-based natural yogurt for topping (I like Forager's Cashewgurt)

To Prepare

1. Heat olive oil in a large heavy soup pot, add each of the chopped vegetables (except the squash) one at a time, giving each a few minutes to saute and soften before adding another.
2. Add the squash, thyme and the handful of lentils. Cover with water and bring to a boil.
3. Turn to medium heat, cover and cook until squash is tender, 20-30 minutes.
4. While soup cooks pan roast chickpeas in a small amount

of oil on medium heat until outer skin is toasted

5. When all vegetables are tender in the stew add the boullion cube, stirring to dissolve well.
6. Serve with a dollop of yogurt and a sprinkling of roasted chickpeas

Enjoy!