

Black Bean and Butternut Stew

From: *Rolling Prairie Cookbook*

2 Tbsp olive oil
3 cups butternut – peeled and cut into ½ inch cubes (you can also use sweet potato)
4 cloves garlic – minced
1 large onion – diced
¾ tsp cumin
½ tsp cinnamon
¼ tsp ground cloves
1 tsp chili powder
1 tsp salt
28-32 oz canned diced tomatoes
½ cup dry red wine or veggie broth
3 ½ cups veggie broth
4 cup cooked black beans
2 cups fresh or frozen corn

- In a large soup pot saute onion in olive oil till translucent (about 5 minutes).
- Add butternut and garlic and saute and additional 5 minutes stirring often to prevent sticking.
- Add spices and salt and stir for 30 seconds.
- Add tomatoes, wine, and broth.
- Bring to a boil then simmer for 20 minutes.
- Add beans and corn and simmer for another 20 minutes.



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