

Chilean Bean Stew FOK

Swick

Serves 4 | Active Time: 10 minutes | Total Time: 40 minutes

Step 1: Making the Stew

- 1 lg yellow onion, small diced
 - 4 cloves garlic, minced
 - 1 med butternut squash (about 1 lb), peeled, halved, seeded, and cut into 1/2-inch cubes
 - 2 cups cooked pinto beans, or one 15-ounce can, drained and rinsed
 - 6 ears corn, kernels removed (about 3 1/2 cups)
 - sea salt and freshly ground black pepper, to taste
 - 1 cup basil, course chopped
- In sauce pan on medium to high heat, add the onions to the pan, moving around the pan allowing the sugars to be released until the onions are slightly golden and translucent, about 3-4 minutes. Add 1/4 cup water or vegetable stock to deglaze and pick up those sugars to caramelize onions.
- Lower the heat to low-medium and add the garlic, squash, beans, corn, and 2 cups of water and cook for 25 minutes, or until the squash is tender.
- Season with salt and pepper, remove from heat and stir in the basil. Serve hot.