

Beef and Pumpkin Stew

Laura Cortez

Chile

Serves: 6-8 people

Yield: 10 cups

Time: 1:40 hours

Ingredients

3/4 pound of beef roast, cut into bite size pieces
4 cups of vegetable stock (see page 66)
3 teaspoons of sea salt, divided
5 red potatoes, scrubbed, large dice
1 yellow onion, small dice
3 cloves of garlic, minced
2 teaspoons of oregano
1 teaspoon of black pepper, divided
3/4 pound of pumpkin, peeled and seeded, large dice
2 ears of corn, cut each into 6 pieces
1 carrot, peeled, sliced in half moons
1 red bell pepper, seeded, large dice
1 stalk of celery, medium dice
1/2 teaspoon of paprika
1/2 bunch of cilantro, rinsed and roughly chopped

Directions

- ✦ In a large stockpot, add beef, 1 teaspoon of salt and vegetable stock. Bring to a boil. Cover and reduce to a simmer. Simmer until beef is tender or about 45 minutes.
- ✦ Add potatoes, onion, garlic, oregano, 1 teaspoon of salt and 1/2 teaspoon of pepper and simmer for another 20 minutes.
- ✦ Add pumpkin, corn, carrot, bell pepper and celery and simmer until tender, about another 25 minutes. Add more vegetable stock or water if needed. Make sure all vegetables and beef are submerged in liquid.
- ✦ Stir in remaining salt, pepper, paprika and cilantro before serving.

Did You Know?

Pumpkin is a nutrient rich, low calorie food. High in vitamins, minerals and fiber, pumpkin is associated with reduced risk of heart disease, some forms of cancer and age related eye diseases. Most parts of the pumpkin are edible and the seeds are rich in plant protein and beneficial fats.

