

AMELIA SALTSMAN / FOOD



Greens, Beans, and Butternut Squash Stew

Makes 6 to 8 servings

- 4 dried smoked tomatoes
- 1 chipotle chile (NOT the canned kind in adobo sauce)
- 1 to 2 bunches Swiss chard (enough to yield 8 cups chopped greens), or other quick-cooking green, such as Tuscan kale
- 1 medium onion, chopped
- 4 large cloves garlic, minced, about 2 tablespoons
- 2 pounds winter squash, such as butternut
- 3 cups cooked beans, such as cranberry or peruano, and their cooking liquid (see below)
- 1/2 cup vegetable stock or water
- 2 tablespoons extra virgin olive oil, avocado, or grapeseed oil
- Kosher or sea salt
- 1 large lime
- A nice big handful of cilantro
- Cooked quinoa or brown rice to serve, optional

Soak the tomatoes and chile in ½ cup hot water for 10 minutes. Use a kitchen scissors to snip the tomatoes in small pieces and to split the chipotle lengthwise leaving the stem end attached. Return them to the soaking liquid.

Meanwhile, wash the Swiss chard and strip the stems from the leaves. Chop the stems crosswise into small pieces. Cut the leaves crosswise into ½-inch wide ribbons. (If you are using kale, discard stems; they are too tough.) Peel the butternut squash and cut into 1- to 2-inch pieces.

Heat the olive oil in a wide pot over medium heat. Stir in the chopped onion and chard stems. Add a generous pinch of salt and cook, stirring occasionally, until soft, 5 to 7 minutes. Add the garlic and cook 1 minute.

Add the squash cubes and about a ½ teaspoon salt to the pot, top with the chard leaves, and cover the pot. Cook until chard is wilted and squash is bright orange, 7 to 10 minutes, stirring occasionally.

Stir in the beans and ½ cup of their cooking liquid. Add the tomatoes and chipotle and their soaking liquid. Add ½ cup water or vegetable stock and the remaining salt. Cover pot and reduce heat to low. Simmer the stew until squash is tender and flavors are blended, 15 to 20 minutes. The dish may be made to this point a day ahead and reheated. Spoon into bowls (over quinoa or brown rice if using), and top each with coarsely chopped cilantro and a squeeze of lime.

© 2012, Amelia Saltsman