

# BUTTERNUT SQUASH & CHICKPEA STEW

*Recipe from realsimple.com*

## Ingredients

- 1 large onion, chopped
- 30 ml (2 Tbsp.) olive oil
- Kosher salt and black pepper
- 2 medium zucchini (about 455 g or 1 lb total), cut into small pieces
- 1 butternut squash (about 680 g or 1 ½ lbs.), cut into 13 mm (½ inch) pieces
- 1 465 ml (15.5 oz) can diced tomatoes
- 1 465 ml (15.5 oz) can chickpeas, rinsed
- 5 ml (1 tsp.) ground ginger
- 5 ml (1 tsp.) ground coriander
- 250 ml (1 cup) couscous
- Fresh cilantro leaves, for serving

## Directions

- Heat the oil in a large pot over medium heat. Add the onion and 1 ml (¼ teaspoon) salt and cook, stirring occasionally, until tender, 6–8 minutes. Add the zucchini and cook, stirring occasionally, until crisp-tender, 3–5 minutes. Add the squash, tomatoes, chickpeas, ginger, coriander, and 1 ml (¼ teaspoon) each salt and pepper. Cook, covered, stirring occasionally, until the squash is tender, 15–18 minutes.
- Meanwhile, cook the couscous according to the package directions.
- Serve the couscous topped with the stew and cilantro leaves.

