

Harvest Stew

From *Extending the Table: A World Community Cookbook* by Joetta Handrich Schlabach

Serves 6

In large saucepan, sauté in 3 Tbsp. oil:

- 1 onion, finely chopped
- 1 clove garlic, finely chopped
- 1 tsp. chili powder
- 2 hot green chili peppers, finely chopped
- salt, pepper, oregano to taste

Add:

- 1½ cups fresh or canned tomatoes, chopped
- 2 cups pumpkin or winter squash, peeled and cubed
- 2 cups fresh, frozen or canned corn

Cook until tender.

Add:

- 2 cups cooked white beans

Simmer at least 30 minutes. The soup will be thick and chunky, with a mild spicy flavour.