Warming Vegan Stew with Squash and Cardamom

Ingredients

- 1-1.5 lbs. winter squash (I used turban squash)
- Olive oil for cooking
- 3 cloves garlic, minced
- 1 large onion, diced
- 6 oz. button mushrooms, sliced
- 1 large carrot, diced
- ½ tsp. ground cardamom
- ½ tsp. dried thyme
- ¼ tsp. smoked paprika
- 1 15 oz. can of diced tomatoes
- 1 bay leaf
- 1-2 dried chile peppers (Chile de Arbol, Thai chilies, or similar)
- ½ lb. dried pinto beans (or similar)
- 1 lime, juiced
- Several sprigs of cilantro, chopped
- Salt and pepper, to taste
- 1 ½ cups dried rice, cooked as directed

Steps

1. Preheat your oven to 400°F (200°C). Cut your squash in half and remove the seeds. Place the squash face-side down in a glass baking dish and add an inch of water. Bake for 45 minutes, or until the squash is soft. Remove from the oven and scoop the flesh from the skins once it has cooled down. Cut into bite-sized pieces and set aside.

2. Heat a small amount of oil in a large pot, and add the garlic and onions, sautéing until fragrant. Next put in the carrot and mushroom, cooking for a minute to two until they've softened. Add the spices, and toss well. Add the tomatoes, bay leaf, dried chile, and beans and toss well. Add 4 cups of water (or vegetable broth, if you prefer), and to a boil and reduce to a simmer. Cook until the beans are done.

3. While the beans are cooking, make your rice as directed on the package.

4. Once the beans are cooked, add the roasted squash, and season with salt and pepper. Turn off the heat, add the lime juice and cilantro, and serve warm over rice.