

# K's Kitchen: Fall delight in one bowl

By Kathryn Reed

Fall – that's what this tastes like.

It is so hearty that this dish is a meal unto itself. I was full and wanted more. The next day the flavor profile was even better.

On top of that, it's pretty. Don't hesitate to serve this to guests.

While it will seem like there are a lot of ingredients, most of it is spices. And many of these the average cook will have on hand. A trick I do now with tomato paste is to freeze what I don't use. A tube is another solution, but even then I wasn't using it fast enough.

The only thing that takes any real time is peeling and cutting the squash, but you'll be glad you did.



**Butternut Squash and Chickpea  
Stew**

1½ T olive oil

1 medium red onion, chopped  
6 garlic cloves, minced  
 $\frac{1}{2}$  tsp kosher salt  
 $\frac{1}{2}$  tsp paprika  
 $\frac{1}{2}$  tsp cumin  
 $\frac{1}{4}$  tsp ginger  
 $\frac{1}{4}$  tsp cinnamon  
 $\frac{1}{4}$  tsp black pepper  
1 T tomato paste  
3 C butternut squash, peeled and diced  
1 15-ounce can chickpeas, drained  
1 15-ounce can diced tomatoes  
 $1\frac{1}{2}$  C vegetable stock  
2 C cooked quinoa  
2 C spinach  
 $\frac{1}{4}$  C Greek yogurt, plain or vanilla

Cook quinoa according to directions.

In large pan, heat oil over medium-high, then add onion and garlic. Cook for about 5 minutes. Add the spices. Stir. Add tomato paste, cook another minute. Stir in squash and chickpeas. Add tomatoes and stock. Simmer for about 20 minutes, or until squash is tender.

Divide quinoa into four bowls. Top with squash concoction, then spinach. Place dollop of yogurt on top. Sprinkle with fresh pepper.