



AT LENOX HILL NEIGHBORHOOD HOUSE

Chicken Stew with Ginger and Pumpkin

This stew is perfect as a hearty fall and winter dish when butternut squash and pumpkin are in season. Experiment with different squashes during peak season. We do not peel our butternut squash because the peel has nutrients and softens upon cooking. Butternut squash is very high in Vitamin A.

Serves 6 to 8

Ingredients

2 Tablespoons oil
1 green or red pepper, chopped
1 small onion, chopped
2 cloves fresh garlic, chopped
2 Tablespoons fresh ginger, peeled and chopped
6 boneless chicken thighs, cut into bitesize pieces
2 teaspoons thyme or any herb on hand
Salt to taste
 $\frac{3}{4}$ cup canned diced tomato
2 teaspoons tomato paste
1 $\frac{1}{2}$ pounds pumpkin or butternut squash, seeded, peeled, and chopped $\frac{1}{2}$ "
 $\frac{3}{4}$ cup water *or as needed

Directions

1. Season chicken thighs with salt and pepper. In a large pot heat oil. Add chicken and brown for about 5 mins.
2. Add peppers, onions, garlic, and ginger and sauté until tender, 5-7 minutes.
3. Add spices and herbs to mixture and sauté for 2 minutes.
4. Add tomatoes, tomato paste, and pumpkin. Add water, stir, and cover. Cook for 15 minutes or until pumpkin is tender. Serve with brown rice or grain of choice.