

# Spicy butterbean, chickpea & butternut squash stew

Enjoy this vegetarian stew recipe, made with butternut squash, butterbeans and chickpeas, as a healthy midweek meal.

SERVES 4

## INGREDIENTS

- 2 red onions
- ½ large butternut squash or 1 sweet potato
- 1 leek
- 1 tbsp olive oil
- 2 tsp sweet smoked paprika (pimentón)
- 390g chopped tomatoes with chilli
- 450ml vegetable stock
- 400g tin butterbeans
- 400g tin chickpeas
- 200g spinach

To serve:

- Greek yogurt (optional)

## NUTRITIONAL INFO (per serving)

- Calories: 261kcal
- Fat: 6.2g (0.9g saturated)
- Protein: 13.8g
- Carbohydrates: 38.4g (14.5g sugars)
- Fibre: 14.4g
- Salt: 1.3g



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## METHOD

1. *Slice the red onions into wedges. Peel and cut the squash or sweet potato into 2cm cubes.*
2. *Slice the leek at an angle.*
3. *Heat the oil in a large saucepan. When hot, add the onions, squash/ sweet potato, leek and paprika, then fry for 10 minutes or until the veg take on some colour.*
4. *Add the chopped tomatoes and stock, then simmer for 15-20 minutes. Drain and rinse the butterbeans and chickpeas, then stir them through the stew along with the spinach.*
5. *Simmer for 5-10 minutes more. Taste and season, then serve with Greek yogurt, if you like.*

