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Seneca County Cornell Cooperative Extension • 308 Main Street Shop Centre Waterloo, NY 13165
p: (315) 539-9251 • e: seneca@cornell.edu • www.senecacountycce.org • Follow us   



Building Strong and Vibrant New York Communities

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F2S Butternut Squash Stew

Servings: 4 • Calories per serving: 250

Ingredients:

- 2 tsp. extra-virgin olive oil
- 1 large onion, diced
- 2 cups cubed butternut squash, ½ inch pieces
- 3 garlic cloves, minced
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- ½ tsp. smoked paprika
- 1 (14.5 ounce) can crushed tomatoes
- 4 cups (32 ounces) vegetable broth
- ½ cup dry quinoa or orzo pasta
- 2-3 cups Swiss chard, chopped
- Sea salt and black pepper to taste

Instructions:

1. Heat oil in a large pot over medium

heat. Dice onion and squash. Add onion and a few pinches of salt and pepper and cook, stirring occasionally, until the onion is soft, about 4 minutes.

2. Add butternut squash, another pinch of salt, and stir. Let cook for a few minutes, then stir in the garlic, cumin, coriander, and paprika. Add tomatoes, broth, and quinoa or orzo. Cover and simmer until butternut is tender and quinoa is cooked through, about 40 minutes. If using orzo, simmer the butternut until almost tender and then add and cook orzo until al dente. Stir in the kale/swiss chard and cook about 5 minutes more.

* Photo and recipe adapted from: <https://loveandlemons.com/butternut-squash-kale-quinoa-stew/>