



In your box

- 2 Roma Tomatoes
- 2 Garlic Cloves
- 15 oz. White Beans
- 1 Ciabatta Bread Roll
- 3 oz. Kale
- 12 oz. Butternut Squash, Cubed
- 4 tsp. Vegetable Base
- 1 oz. Pepitas
- 2 tsp. Sriracha

CONTAINS wheat, soy



White Bean and Butternut Squash Stew

with pepitas and toasted ciabatta

NUTRITION per serving—Calories: 581, Carbohydrates: 83g, Fat: 20g, Protein: 23g, Sodium: 1192mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
7 days

Difficulty Level ● ○ ○
Easy

Spice Level ● ● ○ ○
Medium

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Medium Pot

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

Prepare the Ingredients

- Core **tomatoes** and cut into ½” dice.
- Mince **garlic**.
- Drain **white beans**.
- Halve **ciabatta** lengthwise.
- Stem **kale** and coarsely chop.



2

Begin the Stew

- Place a medium pot over medium-high heat. Add 1 Tbsp. **olive oil**, **butternut squash**, and a pinch of **salt** to hot pot. Stir occasionally, 2 minutes.
- Add **garlic** and **tomatoes** and cook until aromatic, 1 minute.



3

Continue Cooking the Stew

- Add 2 cups **water**, **white beans**, and **vegetable base** to pot.
- Bring to a boil, then lower heat to medium. Stir occasionally until **butternut squash** is tender, but not mushy, 8-10 minutes.
- While stew cooks, toast ciabatta and pepitas.



4

Toast Ciabatta and Pepitas

- Place **ciabatta halves** on one half of prepared baking sheet, cut side up, and drizzle with 2 tsp. **olive oil**.
- Bake 6 minutes, remove from oven, and carefully add **pepitas** to empty half of baking sheet.
- Continue baking until pepitas are lightly toasted and ciabatta is lightly browned, 2-3 minutes.
- *If desired, quarter ciabatta before serving.*



5

Finish the Stew

- Stir **kale** into **stew** and cook until leaves are wilted, 3 minutes.
- Season to taste with **salt** and **pepper**.
- Plate dish as pictured on front of card, garnishing stew with **Sriracha** (to taste) and **pepitas**. Bon appétit!