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

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
Prepare the Ingredients
• Core tomatoes and cut into ½” dice.
• Mince garlic.
• Drain white beans.
• Halve ciabatta lengthwise.
• Stem kale and coarsely chop.

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.

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.

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.

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!