

CHICKEN, BLACK BEAN, AND PUMPKIN STEW WITH PASTA

(including Meatless Variation)

Yield: 4 servings (about 6 cups)

1 Tblsp. extra-virgin olive oil (EVOO)
1 tsp. ground coriander
3/4 tsp. ground cumin
1/2 tsp. turmeric
1/4 tsp. onion powder
1/4 tsp. granulated garlic
1/4 tsp. salt
1/2 C. (3.5 oz./100 grams) orzo pasta*
4 C. low-sodium chicken broth**
one 15 oz. can black beans, drained and rinsed***
one 15 oz. can pumpkin puree
1-1/3 C. (186 grams) rotisserie chicken****
1/8 tsp. ground black pepper
croutons or tortilla chips, for garnish (opt.)

1. Heat a large pot on medium heat. Then add the EVOO. Once the oil is hot, add the coriander, cumin, turmeric, onion powder, granulated garlic, salt, and *pasta*. Cook, stirring frequently, until spices are fragrant and have bloomed, about 1 minute.
2. Add the broth and increase the heat to bring it to a boil. Stir in the black beans, pumpkin puree, and chicken. Decrease the heat so the liquid is at a simmer, and cook until the pasta is al dente, 7 to 9 minutes. The pasta will thicken the stew as it cooks. Add the ground black pepper. Taste, and season with more spices, salt, or pepper, if needed.
3. To serve, ladle the warm stew into individual bowls and garnish each portion with croutons or broken tortilla chips, as desired. Leftovers reheat well; if too thick, add a little additional broth.

Substitutions/Notes:

* 1 C. (3.5 oz/100 grams) other short pasta (e.g., penne, rotini, cavatappi, farfalle).

** 4 C. vegetable broth (meatless).

*** 1.5 C. cooked black beans (See 'Black Beans' recipe to make your own).

**** Double the black beans (meatless).