

Black Bean, Squash and Root Vegetable Casserole

(from McFadden and Zelman's A Harvest of Healing Foods)

Andrea's note: This is chock full of beta-carotene! Use a dutch oven or large saucepan as this delicious dish turns out more like a stew. Enjoy!

Serves 6.

Prep time: 25 minutes

Cooking time: 1 hour 20 minutes

2 cups cooked black turtle beans
1 tsp cumin seeds
2 tsp coriander seeds
1 tbsp sesame seeds
2 tsp dried oregano
2 tbsp butter
1 onion, chopped
2 garlic cloves, crushed
1-2 fresh red chili peppers, seeded and choipped
1 butternut squash or small pumpkin, about 1 and ¼ lbs., peeled and cut into chunks
1 sweet potato, peeled and cut into chunks
2 large carrots, thickly sliced
2 potatoes, peeled and cut into chunks
1 celery root, about 1 lb., peeled and cut into chunks
3 oz. frozen sweet corn kernels, thawed
1 14 oz. can chopped tomatoes
1 ½ cups vegetable broth
salt and freshly ground black pepper
4 tbsp chopped fresh cilantro
2 tbsp freshly squeezed lime juice

Heat the seeds on low, in a small skillet for 1-2 minutes. Add the oregano and heat for a few more seconds. Remove and crush seeds using a mortar and pestle.

In a dutch oven, heat the butter and saute the onion until translucent. Add the garlic and chili peppers, and fry for 2-3 minutes.

Add the seeds along with the remaining ingredients, except the coriander and lime juice.

Bring to a boil, cover and simmer for 45 minutes. Add the cilantro and juice before serving.

from the recipe library of Andrea Bartels, RNCP/ROHP