

BLACK BEAN AND PUMPKIN STEW

2 tablespoons olive oil
3 cups pumpkin, peeled and cut into ½-inch cubes
4 cloves of garlic, minced
1-2 hot peppers, seeded and finely minced
¾ teaspoon ground cumin
½ teaspoon ground cinnamon
¼ teaspoon ground cloves
1 teaspoon chili powder
1 teaspoon salt
1 large can plum tomatoes, chopped coarsely
½ cup red wine
3½ cups vegetable or chicken stock
4 cups cooked black beans, drained
2 cups corn kernels (frozen is fine)
sour cream and cilantro for garnish

1. Heat 1 tablespoon of the olive oil in a large heavy skillet over medium heat. Add the pumpkin and sauté until it begins to brown, approximately 10 minutes. Set aside.
2. In a large soup pot, heat the remaining oil over medium heat. Add the garlic, onion and hot pepper and sauté until onion begins to turn translucent. Add cumin, cinnamon, cloves, chili powder and salt. Stir to combine. Add tomatoes, wine, stock and pumpkin. Bring pot to a boil, reduce heat, and simmer 20 minutes. Add beans and corn. Simmer for another 20 minutes, adding more stock if necessary.
3. Serve hot, with a spoonful of sour cream and cilantro for garnish.

Serves 6-8.