

Chickpea & butternut squash stew

INGREDIENTS

1 medium butternut squash, cut into 1 1/2-inch irregularly shaped pieces (about 6 cups)
3 tablespoons extra-virgin olive oil
Sea salt
Freshly ground black pepper
2 medium onions, chopped (about 2 1/2 cups)
8 large cloves garlic, finely chopped
1/4 cup finely chopped flat-leaf parsley stems
1 1/2 teaspoons ground cumin (**check this**)
1 teaspoon paprika
3 medium carrots, cut into 3/4-inch cubes or irregular shapes
2 1/2 cups cooked chickpeas (either from dry beans or from two 15-ounce cans)
1 can crushed tomatoes (28 ounces)
2 teaspoons [Harissa](#), or more to taste (**check this**)
1/2 cup flat-leaf parsley leaves, roughly chopped

DIRECTIONS

1. Preheat oven to 375 degrees. Place squash on a baking sheet lined with parchment. Drizzle with 1 1/2 tablespoons olive oil and salt and pepper. Toss well and roast until golden brown, 45 to 50 minutes.
2. In a large skillet or pot, warm remaining 1 1/2 tablespoons olive oil over medium-high heat. Add onions and a pinch each of salt and pepper. Cook for 3 to 4 minutes. Stir in garlic and cook for 3 minutes. Stir in parsley stems, cumin, and paprika, and cook for 1 minute. Add carrots and 1 cup chickpea cooking liquid (or water, if using canned chickpeas) to onion mixture. Bring to a boil over high heat. Reduce heat to low and simmer, covered, until carrots are tender, 10 to 12 minutes.
3. Add tomatoes and chickpeas. Raise heat to medium-high and simmer for 10 minutes. Stir in harissa paste, chopped parsley leaves, roasted squash, and remaining 1/2 cup chickpea cooking liquid (or water). Simmer, uncovered, until flavours meld, another 3 minutes. Season with salt and pepper to taste.