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Squash, Chickpea, and Red Lentil Stew

Prep Time: 5 mins

Cook Time: 6 h 30 mins

Rest Time: 6 h

Total Time: 12 h 35 mins

Ingredients

- 3/4 cup(s) beans, garbanzo, dried
- 2 1/2 pounds squash, kabocha, or butternut squash, peeled, seeded and cut into 1-inch cubes
- 2 large carrot(s), peeled and cut into 1/2-inch pieces
- 1 large onion(s), chopped
- 1 cup(s) lentils, red
- 4 cup(s) broth, vegetable
- 2 tablespoon tomato paste
- 1 tablespoon ginger, fresh, peeled, minced
- 1 1/2 teaspoon cumin, ground
- 1 teaspoon salt
- 1/4 teaspoon saffron
- 1/4 teaspoon pepper, black ground, freshly ground
- 1/4 cup(s) lime juice
- 1/2 cup(s) nuts, peanuts, unsalted, roasted, chopped
- 1/4 cup(s) cilantro, fresh, packed, chopped



Preparation

1. Soak chickpeas in enough cold water to cover them by 2 inches for 6 hours or overnight. (Alternatively, use the quick-soak method: Place beans in a large pot with enough water to cover by 2 inches. Bring to a boil over high heat. Remove from heat and let stand for 1 hour.) Drain when ready to use.
2. Combine the soaked chickpeas, squash, carrots, onion, lentils, broth, tomato paste, ginger, cumin, salt, saffron and pepper in a 6-quart slow cooker.
3. Put on the lid and cook on low until the chickpeas are tender and the lentils have begun to break down, 5 to 6 1/2 hours.
4. Stir in lime juice. Serve sprinkled with peanuts and cilantro.