Squash Chickpea Tomato Braise

Four generous squash and chickpea braise bowls · Active 30 min · Total 1 hr 15 min

Skills: Using a covered steam stage before reducing tomato sauce around tender squash

Ingredients

- 1 tablespoon neutral oil (15 ml)
- 1 medium onion, chopped (150 g)
- 1 teaspoon ground cumin (2 g)
- Winter squash, peeled, seeded and cut into 3/4-inch/2 cm cubes (1 1/2 lb/700 g prepared weight)
- 1 can chopped tomatoes, 14–14 1/2 oz/400–411 g, with juice
- 1 cup water (240 ml), plus up to 1/2 cup/120 ml extra only if needed
- 2 cans cooked chickpeas, 15 oz/425 g net each, drained and rinsed (480 g total drained)
- 1/2 teaspoon fine salt (3 g)
- 1/4 teaspoon black pepper (0.5 g)

Set out

Heavy deep saucepan with lid, at least 4 qt/4 L, Stable chopping board and suitable knife, Strainer, Broad spoon

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Make it

1. Heat oil in the pan over medium heat. Cook onion for 7–8 minutes until soft. Stir in cumin for 30 seconds.

2. Add squash, tomatoes with juice, the initial 240 ml water, salt and pepper. Bring to a steady simmer, cover and cook gently for 20–25 minutes, turning carefully a few times, until squash centers are tender. Add extra water in small amounts only if the pan is drying before tender.

3. Fold in drained chickpeas, remove lid and simmer for 8–10 minutes until beans are hot and the sauce is thick but still spoonable. Leave many squash cubes intact.

4. Share all the braise among four bowls and serve. Begin shallow cooling promptly for saved portions.

Prepared weight matters

The 700 g squash amount excludes peel and seeds. Buy more than 700 g if starting with a whole untrimmed squash.

Ingredient labels

No major allergen ingredient is deliberately included. Check actual canned-food and spice labels for added ingredients or cross-contact information; no allergen-free guarantee is made.

A useful detail

The 75-minute total includes peeling, seeding and cutting the prepared squash. Very firm varieties can need extra covered cooking; use the fork check before reducing.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Freeze promptly cooled portions for up to 2 months and thaw in the refrigerator. Squash becomes softer after freezing, so turn gently during reheating.