



Total Time
50 MIN.

Serving Size
1 CUP (250 ML)

Difficulty
EASY

With crowd-pleasing Mexican flavours, this tasty stew will attract meat lovers, too!

Yields
16

INGREDIENTS

WEIGHT

MEASURE

canola oil	2 tbsp	30 mL
diced butternut squash	6 cups	1 L
diced onions	1 1/2 cups	375 mL
minced garlic		30 mL
ground cumin	2 tsp	10 mL
dried oregano	1/2 tbsp	7 mL
smoked paprika	1 tsp	5 mL
salt and pepper, each	1/2 tsp	2 mL
Campbell's® Signature Vegan Vegetable Soup	1 pouch (4 lb)	1 pouch (1.81 kg)
water	1 cup	250 mL
cooked quinoa	3 cup	750 mL
black beans, drained and rinsed	1 can (540mL)	1 can (540mL)
corn	3/4 cup	175 mL
ripe avocado, thinly sliced (207 mL/7 oz)	1	1
finely chopped tomatoes	3/4 cup	175 mL
finely chopped green onions	1/4 cup	60 mL
lime wedges		



Tip

- Stew can also be made and reheated to order.
- Stew can also be used a filling for burritos.
- Substitute ancho chili powder for smoked paprika.

Tips:



INSTRUCTIONS

1. Heat oil in large rondeau set over medium heat; cook squash and onions for 3 to 5 minutes or until slightly softened. Add garlic, cumin, oregano, smoked paprika, salt and pepper. Cook, stirring, for 3 to 5 minutes or until fragrant.
2. Stir in Signature Vegan Vegetable Soup; bring to simmer, stirring often. Stir in 1 cup (250 mL) water, quinoa, black beans and corn. Cook for 15 to 20 minutes or until stew is thickened. Keep warm for service. Makes 16 cups (4 L) stew.

Ladle 1 cup (250 mL) stew into serving dish. Top with 0.4 oz (11 g) avocado slices, 2 tbsp (30 mL) tomatoes and 1 tsp (5 mL) green onions. Serve with lime wedge.