



Peruvian Squash Stew

Servings: 3-5 people | Prep Time: 15 minutes | Cook Time: 30-35 minutes

Ingredients

- 2 tbsp unsalted butter
- 1 tbsp extra virgin olive oil
- 1 small red onion, finely chopped
- 3 cloves garlic, minced
- 1 tsp kosher salt
- ½ tsp ground black pepper
- 3 cups kabocha or butternut squash, peeled & cubed
- 2 medium Yukon gold potatoes, peeled & cubed
- 1 cup whole milk
- 1 cup frozen corn
- ¾ cup frozen peas
- 1 cup low-moisture shredded mozzarella
- 2 tbsp finely chopped cilantro
- 2 large eggs
- Cooked white rice, for serving

Directions

1. Heat the butter and olive oil over medium heat in a large stockpot.
2. Add onions and sauté for 5 minutes, until onions are soft and translucent.
3. Stir in the garlic and cook for 1 more minute.
4. Add the squash and potatoes to the pot. Season with salt and pepper and stir to combine.
5. Add water to just cover the vegetables (around 4-5 cups).
6. Bring to a boil. Then reduce to a simmer and cook uncovered for 20 minutes, or until vegetables are tender.
7. Use a spoon, large fork, or potato masher to mash some of the vegetables against the side of the pot. Leave some whole pieces for texture.
8. Add the milk, corn, and peas.
9. Stir and simmer for 5-7 minutes until heated through.
10. Stir in the mozzarella until melted and incorporated into the stew.
11. Stir in chopped cilantro and add more salt and pepper to taste if needed.
12. In a separate pot, boil eggs for 10 minutes, or use a skillet to cook them over easy.
13. Cool, peel, and cut eggs in quarters if boiled. Season and set aside if cooked in a skillet.
14. Serve hot over cooked white rice. Top with boiled egg/over easy egg and extra toppings.