

Pumpkin and Beans

For the recipe you can use any pumpkin, cheese pumpkins work the best but a regular Jack O Lantern type will suffice.

1 good sized pumpkin about 5 to 6 lbs and peel and cube it

2 large onions diced

2 cloves of garlic fine chopped

1 can crushed tomatoes

2 tbs chopped Italian parsley and 1 tbs basil Fresh if available

Oil to coat the bottom of heavy pot (Dutch oven works fine if not a lot to cook)

2 cans white cannellini beans

Salt and pepper to taste and freshly grated Parmesan cheese

Over high fire sauté onion and garlic until sweated but not browned add the pumpkin and lower flame to medium cook for about ½ hour stir a couple of times

Add the tomato and cook for 15 minutes cook with cover on pot

If pumpkin is tender to the fork add the beans and parsley and basil salt and pepper to taste heat through and serve with Italian bread and grated cheese and fresh ground black pepper

High in protein and vegetarian also