

# Pumpkin Vegetable Potage

*with Toasted Farro*

A potage, which means “potted dish,” is a thick stew or porridge. In this Fall-inspired recipe, we combined roasted pumpkin, toasted farro and our own New World spice blend—which melds Greek, Moroccan and Mexican flavors together—to create a soul-satisfying, heart-warming dish.



## Ingredients

- 2 Cloves Garlic
- 1 Bunch Cilantro
- 1 15-Ounce Can Chickpeas
- 1 Cubanelle Pepper
- 1 Jalapeno Pepper
- 1 Ounce Kalamata Olives
- 1 Red Onion
- 1 Small Sugar Pumpkin
- ½ Cup Farro
- 1 Tablespoon New World Spice Blend
- 14.5-Ounce Can Tomato Italian Chopped Tomatoes
- 2 Ounces Vegetable Base
- 2 Ounces Feta Cheese

Makes 2 Servings

About 685 Calories Per Serving



# Instructions



## Prepare your ingredients

Preheat the oven to 375°F. Wash and dry the fresh produce. Peel the garlic cloves and finely chop. Finely chop the cilantro. Drain and rinse the chickpeas. Medium dice the cubanelle pepper. Finely dice the jalapeno pepper. Peel and small dice the onion. Using the side of your knife, flatten the olives to easily remove the pits. Discard the pits and roughly chop the olives.



## Toast the farro:

Place the **uncooked farro** on an ungreased sheet pan and bake for 5 to 7 minutes, or until slightly browned and smells toasted like a nut. When slightly cool, transfer the farro to a small bowl. Increase the heat to 450°F.



## Prep and roast the pumpkin:

Using a sharp and sturdy knife, very carefully cut the **pumpkin** into wedges by inserting the tip of the knife into the shell until it splits and is easier to cut. Deseed the pumpkin (saving the seeds) and place on a lightly greased sheet pan. Drizzle with olive oil and salt and pepper. Roast for 20 to 25 minutes, or until browned and tender when pierced with a knife.



## Sauté the aromatics:

After the pumpkin has cooked for 5 minutes, heat some olive oil in a medium pot over medium-high heat. Add the **onions, garlic and peppers**. Cook for 2 to 4 minutes, until softened, stirring occasionally. Increase the heat to high and add the **toasted farro, tomatoes, New World spice blend, vegetable base** and **2 ½ cups of water**; season with salt and pepper to taste. Bring to a boil, then reduce the heat to medium. Simmer for 13 to 16 minutes, or until the farro is tender, stirring occasionally.



## Roast the pumpkin seeds:

While the potage is simmering, remove the **pumpkin seeds** from pulp and place on the sheet pan used for the farro. Drizzle with olive oil and season with salt and pepper; toss to coat thoroughly. Roast for **5 to 7 minutes**, or until browned, stirring once halfway through. Transfer to a paper-towel-lined plate to cool.



## Add the pumpkin & chickpeas:

When cool enough to handle, using a spoon, scoop out the **roasted pumpkin** and cut into bite-sized pieces. Add the **pumpkin, chickpeas, olives** and **half of the cilantro** to the farro-tomato mixture; season with salt and pepper. Simmer for 5 to 7 minutes, or until slightly thickened, stirring occasionally. Divide the potage between 2 bowls. Garnish with the **feta cheese, pumpkin seeds** and **the remaining cilantro**. Enjoy!