

PUMPKIN SOUFIKO



4 servings

Ingredients

- 3 red onions, thinly sliced
- 3 garlic cloves, minced
- 3 lbs **pumpkin**, peeled, seeded and cut into 1 1/2-inch chunks
- 1 + 1/2 cup cooked chickpeas (about 1 15 oz. can, drained)
- 2 fresh or dried **Anaheim peppers** (or any mild pepper; rehydrate if dried), sliced
- 3 **bell peppers** (any color), sliced
- 2 cups **Swiss chard** (or other dark leafy green), stems and leaves chopped
- 2 tsp Greek oregano (or any of good quality)
- 2 tsp paprika
- 1 tbsp balsamic glaze, or to taste
- salt & freshly cracked black pepper, to taste
- 1/2 cup olive oil, plus more to serve

Optional:

- 1/2 – 1 tsp cayenne
- 1 tsp dried sage

Notes:

- Recipe adapted from Diane Kochilas' book *Ikaria*. Most importantly, Ikarian cooking lore calls for the use of seasonal produce only. Adjust as necessary

Instructions

1. In a wide pot, Dutch oven, or deep skillet over medium heat, add 3 tablespoons of the olive oil. Add the onions, lower the heat, and cook until soft and slightly caramelized, about 15-20 minutes. Stir the onions occasionally. Add in the garlic 1-2 minutes before the end.
2. Layer in the chopped pumpkin followed by the chickpeas, bell peppers, Anaheim peppers and Swiss chard. Pour the remaining oil over the top. Cook on a low heat, covered, until the pumpkin is tender but not mushy, about 20-30 minutes.
3. Sprinkle oregano and paprika over the top at the end. Optionally, add sage and cayenne. Gently stir in the vinegar and adjust seasoning with salt and black pepper.
4. Pour more olive oil on top to serve.