



## Harvest Pumpkin and Ham Stew

**This tasty pumpkin and ham stew work well with homegrown pumpkins or canned -- try ham from a heritage pig!**

You can use canned, plain pumpkin in this recipe, or you can use fresh pumpkin: Cut a whole pumpkin into quarters, scoop out the seed bed, and bake the quarters in the oven.

When flesh is easily pierced with a fork, scoop flesh out of rinds and beat with a mixer until smooth. Or, cut pumpkin in half, scoop out the seed bed, then slice each half, paring the rind off each slice. Cut slices into large chunks and cook in water as you would potatoes. Drain and mash.

Consider choosing a ham from a heritage pig!

Ingredients 1 cup celery, chopped 1 cup onion, chopped 4 T. butter 2 cups cooked pumpkin 4 cups chicken broth salt and pepper to taste 2 bay leaves 1-1/2 cups diced ham 1-1/2 cups corn, cut from cob (about 2 to 3 ears) or frozen 1/2 cup red or green bell pepper, diced

### Preparation

In a large, heavy-bottomed saucepan or Dutch oven, cook celery and onion in butter over medium heat until vegetables begin to soften. Add pumpkin, broth, salt and pepper, and bay leaves, stirring to combine well. Add ham, corn and pepper. Simmer over medium-low heat until vegetables are tender. Serves 8 to 12.

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