



Ginataang Kalabasa

Better Homes & Gardens

Country: The Philippines

Start to Finish: 30 minutes

Ingredients:

- 1 tablespoon vegetable oil
- 2 cups chopped onion
- 2 teaspoons grated ginger
- 6 cloves garlic, minced
- 2 tablespoons fish sauce
- 2-15-ounce cans coconut milk
- 2 Philippine hot green peppers (optional)
- 4 cups cubed kobocho squash
- 1 pound green long beans*, trimmed and cut into 3-inch pieces (4 cups)
- 1 pound large head on shrimp*
- ¼ teaspoon salt
- 3 cups hot cooked jasmine rice
- 1 tablespoon fried garlic* (optional, for topping)

Instructions:

1. Heat oil in a 5 to 6 qt Dutch oven over medium heat.
2. Cook onions, ginger and garlic until softened, about 3 minutes.
3. Add in fish sauce, coconut milk, chilies and squash. Bring to a simmer; cook until just tender, about 8 minutes.
4. Add long beans and shrimp to the stew; cook until shrimp are cooked through, about 5 minutes.
5. Add in salt.
6. Serve warm with hot cooked jasmine rice.

Notes:

Long Beans – You can substitute fresh green beans for the long beans.

Shrimp – You can substitute peeled, de-veined shrimp.

Fried Garlic – Heat 1 tablespoon neutral cooking oil over medium-high heat. Add 1 to 2 thinly-sliced garlic cloves. Cook, stirring occasionally until golden brown. Drain (save the oil for another use) and sprinkle on top of dish.

Tip: Vegetarian Variation

Omit shrimp and substitute fish sauce for vegan fish sauce or soy sauce.

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