Autumn Stew

Source: Healthy Eating for Life to Prevent and Treat Diabetes by Patricia Bertron, RD; recipe by Jennifer Raymond, MS, RD

This colorful stew is a true celebration of autumn’s abundance.

About the Recipe

226 Calories · 10.5 g Protein · 12 g Fiber
Lunch

Butternut squash contains beta-carotene, a powerful antioxidant that can help protect against cancer.

Ingredients

Makes 4 Servings

- 1 1/2 c (350 mL) water, divided
- 1 tbsp (15 mL) reduced-sodium soy sauce
- 1 onion, chopped
- 1 red bell pepper, seeded and diced
- 4 cloves garlic, minced
- 1 butternut squash, about 1 pound
- 1 15-oz (121-g) crushed tomatoes
- 1 1/2 tsp (7.5 mL) dried oregano
- 1 tsp (5 mL) chili powder
- 1/2 tsp (2.5 mL) ground cumin
- 1/4 tsp (1.2 mL) black pepper
- 1 15-oz (384-g) kidney beans, undrained
- 1 15-oz (332-g) corn, undrained, or 2 cups frozen corn

Directions

1. Heat 1/2 c (120 mL) of water and soy sauce in a large pot.
2. Add onion, bell pepper, and garlic. Cook over medium heat until onion is soft and most of the water has evaporated, about 5 minutes.
3. Peel squash and then cut it in half. Scoop out seeds and discard. Cut squash into 1/2-inch (1.3-cm) cubes (you should have about 4 c [496 g]).
4. Add squash to cooked onions along with tomatoes, 1 c (240 mL) water, oregano, chili powder, cumin, and black pepper. Cover and simmer until squash is just tender when pierced with a fork, about 20 minutes.
5. Add kidney beans and corn and their liquids and cook 5 minutes longer.
6. For special occasions, serve it in a pumpkin that has been hollowed out and baked until just tender.

Nutrition Facts

Per 2 1/2-cup serving

Calories: 226
Fat: 2.3 g
    Saturated Fat: 0.4 g
    Calories from Fat: 8.6%
Cholesterol: 0 mg
Protein: 10.5 g
Carbohydrates: 46 g
Sugar: 13 g
Fiber: 12 g
Sodium: 607 mg
Calcium: 145 mg
Iron: 3.2 mg
Vitamin C: 70.7 mg
Beta-Carotene: 5,369 mcg
Vitamin E: 2.8 mg