Tomaticán

Source: Dora Stone, chef and photographer, founder of Mmmole.com and DorasTable.com

Tomaticán is a Chilean vegetable stew based around tomatoes and corn. Serve over rice, potatoes, or polenta!

About the Recipe

104 Calories · 4 g Protein · 5 g Fiber
Dinner

Ingredients

Makes 4 Servings

- 1 onion, thinly sliced
- 3 cloves garlic, finely chopped
- 2 c (332 g) corn, fresh or frozen
- 1 c (164 g) lima beans, fresh or frozen
- 15-oz (425-g) can low-sodium tomatoes, diced
- 3/4 c (180 mL) low-sodium vegetable broth
- 1/2 tsp (2.5 mL) fresh oregano, chopped

Directions

1. Heat a large skillet over medium heat. Add the onion and cook 6 to 7 minutes or until onion is tender and translucent. If the onion begins to stick to the pot, add a little water or vegetable broth.
2. Add the garlic and cook for 7 minutes. Add lima beans, corn, and tomatoes, and boil gently for 2 to 3 minutes.
3. Pour the vegetable broth in the pan and add the oregano. Boil gently for 10 minutes or until the corn and beans are tender.

4. Season with salt and pepper to taste. Serve over brown rice, potatoes, or polenta. Note: Give choclo (a Peruvian giant corn) a try, if desired!

Nutrition Facts

Per serving (1/4 of recipe):

Calories: 104

Fat: 1 g

Saturated Fat: 0 g

Calories From Fat: 7%

Cholesterol: 0 mg

Protein: 4 g

Carbohydrate: 24 g

Sugar: 7 g

Fiber: 5 g

Sodium: 293 mg

Calcium: 59 mg

Iron: 1 mg

Vitamin C: 18 mg

Beta-Carotene: 425 mcg

Vitamin E: 1 mg

Potassium: 425 mg