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

- water, divided (1 1/2 cups)
- reduced-sodium soy sauce (1 tbsp.)
- onion, chopped (1)
- red bell pepper, seeded and diced (1)
- cloves garlic, minced (4)
- butternut squash, about 1 pound (1)
- crushed tomatoes (1 15-ounce can)
- dried oregano (1 1/2 tsp.)
- chili powder (1 tsp.)
- ground cumin (1/2 tsp.)
- black pepper (1/4 tsp.)
- kidney beans, undrained (1 15-ounce can)
- corn, undrained, or 2 cups frozen corn (1 15-ounce can)

Directions
1. Heat 1/2 cup 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, then cut it in half. Scoop out seeds and discard. Cut squash into 1/2-inch cubes (you should have about 4 cups).
4. Add squash to cooked onions along with tomatoes, 1 cup 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