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