



Bean, Corn and Squash Stew

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup basil leaves chopped
- 1 pound butternut squash peeled seeded cut into 1-inch cubes
- 19 ounce kidney beans drained canned
- 4 cups corn kernels fresh
- 1 bell pepper green coarsely chopped
- 1 teaspoon ground cumin
- 1 onion coarsely chopped
- 1 teaspoon oregano dried

- 2 teaspoons paprika hot
- 1 bell pepper red coarsely chopped
- 4 servings salt and pepper black freshly ground
- 0.3 cup vegetable oil
- 1 water

Equipment

- bowl
- frying pan
- sauce pan
- ladle
- pot
- blender

Directions

- In a large pot, bring the water to a boil with the squash and corn. Cover and simmer over moderately low heat until the squash is just tender, about 15 minutes.
- Add the kidney beans and cook until the beans are hot.
- Transfer 3 cups of the squash mixture to a blender along with some of the liquid and 1/2 cup of the basil; puree. Return the puree to the pot and keep warm.
- Meanwhile, in a large skillet, heat 2 tablespoons of the oil.
- Add the onion and bell peppers and cook over moderate heat, stirring occasionally, until softened, 8 minutes.
- Add the cumin, oregano and 1 teaspoon of the paprika and cook, stirring, until fragrant, about 4 minutes. Stir the vegetables into the stew and season with salt and pepper.
- In a small saucepan, heat the remaining 1/4 cup of oil.
- Add the remaining 1 teaspoon of paprika and cook over low heat until fragrant.
- Transfer to a small bowl.
- Ladle the stew into bowls. Swirl in the paprika oil, sprinkle with the remaining 1/4 cup of chopped basil and serve.

Nutrition Facts

PROTEIN 11.92% FAT 31.46% CARBS 56.62%

Properties

Glycemic Index:62, Glycemic Load:7.79, Inflammation Score:-10, Nutrition Score:32.478260828101%

Flavonoids

Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 437.24kcal (21.86%), Fat: 16.64g (25.6%), Saturated Fat: 2.76g (17.24%), Carbohydrates: 67.37g (22.46%), Net Carbohydrates: 52.76g (19.19%), Sugar: 17.34g (19.27%), Cholesterol: 0mg (0%), Sodium: 376.29mg (16.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.19g (28.37%), Vitamin A: 14112.78IU (282.26%), Vitamin C: 99.65mg (120.79%), Fiber: 14.61g (58.46%), Vitamin K: 58.81µg (56.01%), Manganese: 1.08mg (54.21%), Potassium: 1348.41mg (38.53%), Folate: 153.22µg (38.3%), Magnesium: 149.96mg (37.49%), Vitamin B1: 0.54mg (35.7%), Phosphorus: 339.92mg (33.99%), Vitamin B6: 0.64mg (31.97%), Vitamin B3: 5.25mg (26.23%), Vitamin E: 3.9mg (25.98%), Iron: 4.4mg (24.45%), Copper: 0.43mg (21.37%), Vitamin B5: 1.87mg (18.66%), Vitamin B2: 0.25mg (14.93%), Calcium: 131.25mg (13.13%), Zinc: 1.95mg (13%), Selenium: 3.22µg (4.59%)