



Everything but the Kitchen Sink



Vegetarian



Vegan



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



245 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf crumbled
- ☐ 2 cups broccoli florets
- ☐ 1 cup kidney beans canned rinsed drained
- ☐ 1 cup navy beans canned rinsed drained
- ☐ 2 carrots peeled quartered
- ☐ 2 tablespoons garlic minced
- ☐ 1 tablespoon grapeseed oil
- ☐ 6 servings kosher salt and pepper black freshly ground

- ☐ 1 medium onion chopped
- ☐ 2 large potatoes diced rinsed
- ☐ 2 medium roma tomatoes chopped
- ☐ 2 teaspoons thyme leaves minced
- ☐ 2 quarts vegetable stock
- ☐ 2 small baby squash yellow cut into 1/2-inch slices

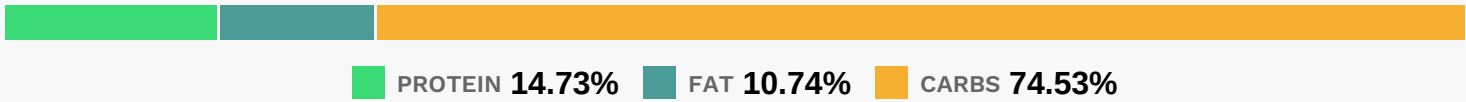
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ immersion blender

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ In a large bowl, whisk together grapeseed oil, salt and pepper, to taste.
- ☐ Add the squash, carrots, onions, garlic and potatoes, tossing to coat.
- ☐ Put the coated vegetables on a sheet pan, and roast until the onions are translucent, about 20 to 25 minutes.
- ☐ Meanwhile, in large stock pot, over medium heat add the stock, beans, bay leaf, thyme, and cook for 10 minutes, stirring occasionally. With a hand blender pulse stock and bean mixture until the beans are slightly pureed.
- ☐ Remove the vegetables from oven and add to pot, then stir in the broccoli and tomatoes. Cook until all the vegetables are cooked through, about 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:86.26, Glycemic Load:21.21, Inflammation Score:-10, Nutrition Score:22.995217240375%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 245.29kcal (12.26%), Fat: 3.06g (4.71%), Saturated Fat: 0.41g (2.53%), Carbohydrates: 47.75g (15.92%), Net Carbohydrates: 38.72g (14.08%), Sugar: 8g (8.89%), Cholesterol: 0mg (0%), Sodium: 1567.46mg (68.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.87%), Vitamin A: 4544.91IU (90.9%), Vitamin C: 65.81mg (79.77%), Vitamin K: 41.53µg (39.55%), Fiber: 9.03g (36.1%), Manganese: 0.72mg (35.84%), Vitamin B6: 0.67mg (33.64%), Potassium: 1076.18mg (30.75%), Folate: 95.81µg (23.95%), Phosphorus: 217.22mg (21.72%), Magnesium: 79.19mg (19.8%), Vitamin B1: 0.27mg (17.79%), Copper: 0.34mg (17.18%), Iron: 2.83mg (15.72%), Vitamin B3: 2.42mg (12.08%), Vitamin B2: 0.2mg (11.85%), Vitamin E: 1.57mg (10.45%), Calcium: 85.1mg (8.51%), Zinc: 1.27mg (8.49%), Vitamin B5: 0.83mg (8.29%), Selenium: 4.56µg (6.51%)