



## Farm Fresh Vegetable Stew

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.1 cup olive oil extra virgin
- 10 cloves garlic chopped
- 3 onion diced
- 3 cups pasilla peppers diced sweet green red italian assorted ( , and bell)
- 1.5 cups carrots diced
- 0.5 cup celery (4 stalks)
- 2 cups eggplant salted diced ( )
- 0.5 cup green beans

- 2 to 3 sized squashes diced yellow
- 1 zucchini diced
- 4 tomatoes diced
- 1 teaspoon thyme sprigs fresh
- 1 teaspoon cumin
- 4 teaspoons kosher salt
- 1 teaspoon oregano dried
- 2 cans kidney beans drained and rinsed
- 8 ounces lentils cooked for 8 minutes

## Equipment

- paper towels
- pot
- peeler

## Directions

- Advanced Prep work
- Cut an eggplant into rounds.
- Lay the eggplant on a paper towel and sprinkle with kosher salt. After about 15 minutes, dice and add to the stew.
- Remove the skins from the tomato. If you have a soft skin peeler, you can use it to remove the skins. Otherwise, you can blanch the tomatoes in boiling water, scoring the tops first, and then removing the skins.
- Cook the lentils in boiling water for 8 minutes, drain and run under cool water.
- Cooking Instructions
- In a large stock pot, heat olive oil on a medium heat.
- Saute the garlic for just a minute and add the onions. Season with 2 teaspoons of kosher salt and cook for about 10 minutes. Begin adding the other vegetables gradually, starting with the peppers, carrots and squash. When all the vegetables are in the stew, add the thyme, cumin, salt and oregano.

- Let the vegetables simmer until tender as a stock begins to form.
- Mix in the lentils and kidney beans. Simmer for as long as you have, up to an hour and a half.

## Nutrition Facts

**PROTEIN 19.12%**

**FAT 16.58%**

**CARBS 64.3%**

### Properties

Glycemic Index:63.36, Glycemic Load:11.64, Inflammation Score:-10, Nutrition Score:28.946956521739%

### Flavonoids

Delphinidin: 20.08mg, Delphinidin: 20.08mg, Delphinidin: 20.08mg, Delphinidin: 20.08mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 3.27mg, Luteolin: 3.27mg, Luteolin: 3.27mg, Luteolin: 3.27mg Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg, Isorhamnetin: 2.36mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 11.96mg, Quercetin: 11.96mg, Quercetin: 11.96mg, Quercetin: 11.96mg

### Nutrients (% of daily need)

Calories: 263.57kcal (13.18%), Fat: 5.17g (7.96%), Saturated Fat: 0.81g (5.04%), Carbohydrates: 45.14g (15.05%), Net Carbohydrates: 30.02g (10.92%), Sugar: 12.83g (14.26%), Cholesterol: 0mg (0%), Sodium: 1698.53mg (73.85%), Protein: 13.42g (26.85%), Vitamin A: 5689.95IU (113.8%), Vitamin C: 85.65mg (103.82%), Fiber: 15.13g (60.5%), Manganese: 1.12mg (56.24%), Folate: 157.66µg (39.41%), Vitamin B6: 0.72mg (35.85%), Potassium: 1227.73mg (35.08%), Vitamin K: 33.33µg (31.74%), Phosphorus: 299.39mg (29.94%), Magnesium: 96.59mg (24.15%), Vitamin B1: 0.36mg (24.12%), Copper: 0.48mg (23.8%), Iron: 4.18mg (23.25%), Vitamin B2: 0.31mg (17.97%), Vitamin B3: 2.72mg (13.62%), Zinc: 1.96mg (13.07%), Calcium: 114.78mg (11.48%), Vitamin E: 1.71mg (11.41%), Vitamin B5: 0.91mg (9.08%), Selenium: 3.55µg (5.07%)