



# Hubbard Squash and Pinto Bean Stew

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 28 ounce canned tomatoes crushed undrained canned
- 1 cup carrots sliced
- 1 tablespoon chipotles in adobo chopped
- 2 tablespoons corn kernels toasted
- 3 cups pinto beans dried
- 4 cups hubbard squash fresh cubed peeled ()
- 3 tablespoons olive oil
- 4 cups onion chopped

- 2 tablespoons sage dried fresh chopped
- 0.8 teaspoon salt
- 1 tablespoon thyme leaves dried fresh chopped
- 4 cups water

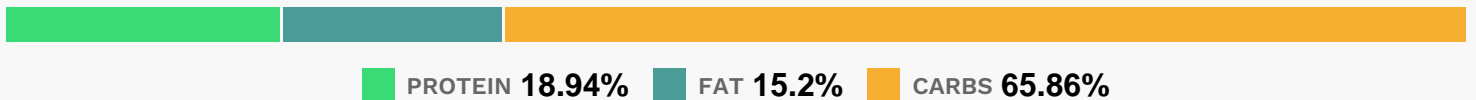
## Equipment

- bowl
- frying pan
- ladle
- dutch oven

## Directions

- Sort and wash pinto beans; place in a large Dutch oven. Cover with water to 2 inches above beans; cover and let stand 8 hours.
- Drain beans.
- Combine beans and 4 cups water in pan; bring to a boil. Reduce heat, and simmer 30 minutes. Cover and simmer 30 minutes or until tender.
- Heat oil in a large nonstick skillet over medium heat.
- Add onion, squash, carrot, and chile; cook 10 minutes, stirring frequently.
- Add to bean mixture. Stir in sage, thyme, and tomatoes; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until squash is tender. Stir in salt. Ladle stew into individual bowls; sprinkle with pumpkinseed kernels.

## Nutrition Facts



## Properties

Glycemic Index:32.64, Glycemic Load:23.35, Inflammation Score:-10, Nutrition Score:44.981304002845%

## Flavonoids

Catechin: 4.89mg, Catechin: 4.89mg, Catechin: 4.89mg, Catechin: 4.89mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 21.92mg, Quercetin: 21.92mg, Quercetin: 21.92mg, Quercetin: 21.92mg

## Nutrients (% of daily need)

Calories: 530.47kcal (26.52%), Fat: 9.28g (14.28%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 90.49g (30.16%), Net Carbohydrates: 66.93g (24.34%), Sugar: 16.83g (18.7%), Cholesterol: 0mg (0%), Sodium: 519.66mg (22.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.02g (52.04%), Copper: 7.3mg (365.03%), Folate: 562.87µg (140.72%), Vitamin A: 4965.44IU (99.31%), Fiber: 23.55g (94.21%), Manganese: 1.88mg (94.1%), Potassium: 2225.61mg (63.59%), Vitamin B1: 0.91mg (60.86%), Magnesium: 231.71mg (57.93%), Phosphorus: 497.83mg (49.78%), Vitamin B6: 0.94mg (46.91%), Vitamin C: 37.86mg (45.89%), Iron: 7.75mg (43.07%), Selenium: 28.69µg (40.98%), Calcium: 219.39mg (21.94%), Vitamin B2: 0.36mg (21.05%), Vitamin E: 3.15mg (21.03%), Zinc: 2.98mg (19.88%), Vitamin K: 20.88µg (19.88%), Vitamin B3: 3.54mg (17.7%), Vitamin B5: 1.65mg (16.46%)