



Indian Summer Stew: Butternut Squash, Coconut, and Lentil Stew

 Vegetarian  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon mustard seeds black
- 1 pound butternut squash peeled cut into 1/2-inch cubes (2 1/2 cups)
- 2 tablespoons canola oil
- 0.5 cup coconut or dried fresh shredded frozen
- 0.5 cup cilantro leaves fresh minced
- 1 clove garlic minced
- 0.5 teaspoon ground cumin

- 1 tablespoon honey
- 1 juice of lime juiced
- 1.5 teaspoons kosher salt
- 1 cup goya pigeon peas split yellow (toor dal)
- 0.5 teaspoon pepper flakes red crushed
- 1 roma tomato diced
- 0.5 teaspoon turmeric
- 4 cups water to cover

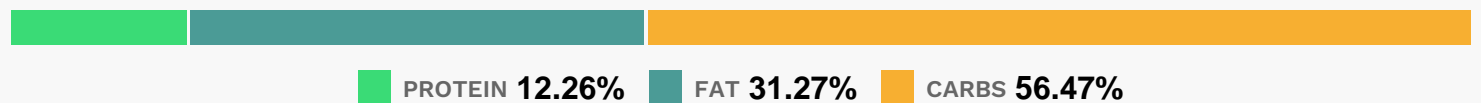
Equipment

- frying pan
- pot

Directions

- Rinse the pigeon peas in a couple changes of water.
- In a large soup pot, combine the squash, drained pigeon peas, tomato, coconut, turmeric, cumin, and enough stock to cover. Bring to a boil, and then simmer, covered, 20 minutes.
- Remove the cover and simmer another 10 minutes.
- To temper: In a small skillet, warm the canola oil until shimmering.
- Add the mustard seeds and when they stop popping, add the red pepper flakes, garlic, and salt. Swirl the skillet so the contents cook evenly, and cook another 10 seconds. Then pour the contents of the skillet into the soup, along with the salt. Spoon a ladleful of soup back into the skillet (it will sizzle, be careful!), and pour back into the soup pot. Finish with the honey, lime juice, and cilantro. Adjust the seasonings, to taste, and enjoy a little Indian summer in the middle of your winter!

Nutrition Facts



Properties

Glycemic Index:27.16, Glycemic Load:1.96, Inflammation Score:-10, Nutrition Score:9.8178261311158%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 154.31kcal (7.72%), Fat: 5.7g (8.76%), Saturated Fat: 1.77g (11.09%), Carbohydrates: 23.14g (7.71%), Net Carbohydrates: 18.28g (6.65%), Sugar: 5.54g (6.16%), Cholesterol: 0mg (0%), Sodium: 927.74mg (40.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.05%), Vitamin A: 6450.1IU (129%), Fiber: 4.86g (19.45%), Vitamin C: 14.73mg (17.85%), Manganese: 0.24mg (11.9%), Vitamin E: 1.59mg (10.61%), Potassium: 258.9mg (7.4%), Iron: 1.31mg (7.3%), Vitamin K: 7.05µg (6.71%), Magnesium: 24.72mg (6.18%), Vitamin B6: 0.11mg (5.57%), Folate: 19.53µg (4.88%), Vitamin B1: 0.07mg (4.64%), Calcium: 43.79mg (4.38%), Vitamin B3: 0.82mg (4.1%), Copper: 0.08mg (3.92%), Phosphorus: 32.34mg (3.23%), Vitamin B5: 0.27mg (2.67%), Selenium: 1.69µg (2.42%), Zinc: 0.21mg (1.41%), Vitamin B2: 0.02mg (1.19%)