

Mirliton and White Bean Stew

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 0.3 teaspoon pepper black freshly ground
- 1 pinch ground pepper
- 2 ribs celery finely chopped
- 0.5 teaspoon crab boil seasoning
- 1 teaspoon basil dried
- 2 teaspoons kombu to taste ()
- 1 tablespoon parsley fresh chopped

- 1 tablespoon garlic minced
- 0.3 teaspoon garlic powder
- 1 bell pepper green finely chopped
- 0.3 teaspoon ground thyme
- 1 teaspoon oregano dried
- 2 teaspoons oregano fresh chopped
- 0.3 teaspoon paprika
- 6 servings rice cooked for serving
- 6 servings salt to taste
- 2 tablespoons tomato paste
- 16 ounces tomatoes diced
- 6 cups vegetable stock
- 3 cups beans white cooked (Great Northern or Cannellini)
- 2 cups chayote squashes diced peeled seeded

Equipment

- pot

Directions

- Heat a large non-stick pot over medium-high heat. (You may choose to give it a quick spray of olive oil before heating.)
- Add the onions, bell pepper, and celery, and cook, stirring, until the onions begin to caramelize, about 5 minutes.
- Add the garlic and tomato paste and stir for another minute.
- Add the vegetable broth, beans, bay leaves, and next 10 ingredients. Stir well, bring to a boil, and simmer for 10 minutes.
- Add the mirliton and cook until it is just tender but not over-cooked, about 10-15 minutes.
- Add the tomatoes, fresh oregano, and parsley and cook for another 5 minutes. Check the seasonings, adding more if needed, and serve over rice.

Nutrition Facts

PROTEIN 17.73% FAT 2.93% CARBS 79.34%

Properties

Glycemic Index:72.5, Glycemic Load:26.67, Inflammation Score:-9, Nutrition Score:20.303478178771%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 278.64kcal (13.93%), Fat: 0.93g (1.43%), Saturated Fat: 0.23g (1.47%), Carbohydrates: 56.74g (18.91%), Net Carbohydrates: 47.69g (17.34%), Sugar: 6.46g (7.17%), Cholesterol: 0mg (0%), Sodium: 1203.04mg (52.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.68g (25.36%), Manganese: 1.29mg (64.49%), Vitamin C: 32.72mg (39.66%), Vitamin K: 40.28µg (38.36%), Fiber: 9.05g (36.19%), Folate: 141.98µg (35.5%), Vitamin A: 1477.77IU (29.56%), Iron: 4.87mg (27.03%), Potassium: 921.38mg (26.33%), Copper: 0.47mg (23.44%), Magnesium: 92.61mg (23.15%), Phosphorus: 179.18mg (17.92%), Vitamin B6: 0.35mg (17.69%), Zinc: 2.25mg (15.02%), Calcium: 142.05mg (14.21%), Vitamin E: 1.93mg (12.86%), Vitamin B1: 0.19mg (12.35%), Selenium: 7.82µg (11.17%), Vitamin B5: 0.79mg (7.86%), Vitamin B3: 1.5mg (7.49%), Vitamin B2: 0.11mg (6.7%)