



Peanut-Squash Stew



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



897 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium acorn squash 1-inch-thick peeled seeded cut into crescents
- ☐ 1 cup brown rice
- ☐ 2 tablespoons brown sugar
- ☐ 32 ounce blackeyed peas rinsed canned
- ☐ 1 tablespoon ginger fresh grated
- ☐ 3 cloves garlic finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 2 teaspoons kosher salt

- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 2 tablespoons roasted peanuts chopped
- ☐ 1 small serrano chiles green finely chopped
- ☐ 0.5 cup creamy peanut butter
- ☐ 2.5 cups tomato purée canned
- ☐ 4 cups vegetable stock
- ☐ 2 cups onion yellow finely chopped

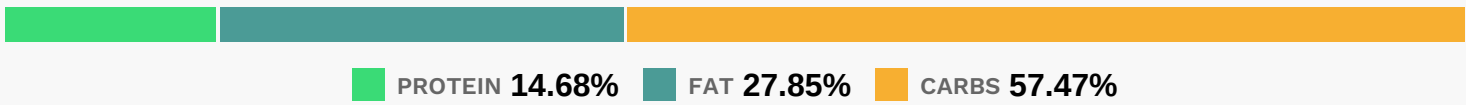
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Prepare the rice according to the label directions.
- ☐ Heat the oil in a skillet over medium heat.
- ☐ Add the onions and cook about 15 minutes.
- ☐ Add the ginger, chili, garlic, salt, and cumin. Cook 5 minutes more, stirring occasionally.
- ☐ Add the broth, tomato puree, peanut butter, acorn squash, and sugar. Cook over medium heat, covered, until the squash is tender, about 30 minutes.
- ☐ Add the black-eyed peas and heat through.
- ☐ Transfer half the stew to a small saucepan and add the chicken (if using).
- ☐ Sprinkle with the peanuts and serve with the rice.

Nutrition Facts



Properties

Glycemic Index:58.94, Glycemic Load:37.62, Inflammation Score:-10, Nutrition Score:48.16826086459%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 23.27mg, Quercetin: 23.27mg, Quercetin: 23.27mg, Quercetin: 23.27mg

Nutrients (% of daily need)

Calories: 897.38kcal (44.87%), Fat: 29.08g (44.74%), Saturated Fat: 5.5g (34.4%), Carbohydrates: 135g (45%), Net Carbohydrates: 110.38g (40.14%), Sugar: 30.11g (33.46%), Cholesterol: 0mg (0%), Sodium: 2329.28mg (101.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.49g (68.98%), Manganese: 4.07mg (203.68%), Folate: 567.52µg (141.88%), Fiber: 24.63g (98.51%), Magnesium: 335.22mg (83.8%), Copper: 1.5mg (74.99%), Phosphorus: 742.74mg (74.27%), Iron: 11.5mg (63.91%), Potassium: 2226.06mg (63.6%), Vitamin B1: 0.95mg (63.48%), Vitamin B3: 11.53mg (57.67%), Vitamin B6: 1.14mg (56.79%), Vitamin E: 7.95mg (52.98%), Vitamin C: 37.54mg (45.5%), Zinc: 5.74mg (38.24%), Vitamin A: 1787.34IU (35.75%), Vitamin B5: 3.33mg (33.31%), Vitamin B2: 0.38mg (22.37%), Calcium: 189.21mg (18.92%), Selenium: 9.89µg (14.13%), Vitamin K: 10.13µg (9.65%)