



 **100%**
HEALTH SCORE

Vegan Caribbean Stew

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



130 min.

SERVINGS



6

CALORIES



269 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup brown rice uncooked
- 16 ounce kidney beans rinsed drained canned
- 28 ounce canned tomatoes whole with liquid peeled chopped canned
- 1 chayote squash diced
- 0.5 pound collard greens chopped
- 0.3 teaspoon dill weed dried to taste
- 6 servings flour all-purpose or as needed
- 1 tablespoon cilantro leaves fresh chopped to taste

- 2 cloves garlic crushed
- 0.3 teaspoon ground cumin to taste
- 0.3 teaspoon ground ginger to taste
- 10 ounce okra frozen
- 6 ounce tomato paste canned
- 6 servings water

Equipment

- bowl
- sauce pan
- pot

Directions

- Bring brown rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low; cover and simmer until rice is tender and the liquid has been absorbed, 45 to 50 minutes.
- Place collard greens and 2 peeled whole garlic cloves in a pot; add enough water to cover. Boil until collards are tender, about 15 minutes.
- Drain.
- Combine okra, tomatoes, chayote squash, and 2 crushed garlic cloves in a separate large pot; bring to a boil and cook until okra has thawed, about 5 minutes. Reduce to a simmer; season with ground ginger, dill weed, ground cumin, and cilantro to taste.
- Add collard greens; simmer until flavors have blended, at least 40 minutes (1 hour for best flavor).
- Mash kidney beans together with tomato paste in a bowl; add to the stew. Stir in cooked rice and mix well.
- Add a spoonful of flour to thicken, if desired. Adjust seasonings to taste.

Nutrition Facts



PROTEIN 15.5% **FAT 5.82%** **CARBS 78.68%**

Properties

Glycemic Index:53.79, Glycemic Load:22.74, Inflammation Score:-9, Nutrition Score:29.567825918612%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 3.32mg, Kaempferol: 3.32mg, Kaempferol: 3.32mg, Kaempferol: 3.32mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.59mg, Quercetin: 11.59mg, Quercetin: 11.59mg

Nutrients (% of daily need)

Calories: 268.8kcal (13.44%), Fat: 1.82g (2.81%), Saturated Fat: 0.32g (1.97%), Carbohydrates: 55.43g (18.48%), Net Carbohydrates: 44.83g (16.3%), Sugar: 7.07g (7.85%), Cholesterol: 0mg (0%), Sodium: 444.01mg (19.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.84%), Vitamin K: 189.56µg (180.54%), Manganese: 2.32mg (116.1%), Vitamin C: 41.78mg (50.64%), Vitamin A: 2459.3IU (49.19%), Fiber: 10.59g (42.38%), Folate: 151.64µg (37.91%), Magnesium: 132.92mg (33.23%), Vitamin B1: 0.47mg (31.59%), Vitamin B6: 0.61mg (30.46%), Potassium: 878.85mg (25.11%), Phosphorus: 250.62mg (25.06%), Copper: 0.49mg (24.55%), Iron: 4.17mg (23.17%), Calcium: 224.9mg (22.49%), Vitamin B3: 4.35mg (21.73%), Vitamin B2: 0.27mg (16.14%), Vitamin E: 2.29mg (15.25%), Zinc: 1.98mg (13.22%), Vitamin B5: 1.12mg (11.17%), Selenium: 4.74µg (6.77%)