



Vegan Caribbean Stew

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



130 min.

SERVINGS



6

CALORIES



242 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
- 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 15.91% **FAT 6.17%** **CARBS 77.92%**

Properties

Glycemic Index:41.29, Glycemic Load:18.6, Inflammation Score:-9, Nutrition Score:28.649999867315%

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: 241.5kcal (12.08%), Fat: 1.75g (2.69%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 49.7g (16.57%), Net Carbohydrates: 39.31g (14.3%), Sugar: 7.05g (7.83%), Cholesterol: 0mg (0%), Sodium: 443.86mg (19.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.3%), Vitamin K: 189.54µg (180.52%), Manganese: 2.27mg (113.54%), Vitamin C: 41.78mg (50.64%), Vitamin A: 2459.3IU (49.19%), Fiber: 10.39g (41.57%), Folate: 137.92µg (34.48%), Magnesium: 131.27mg (32.82%), Vitamin B6: 0.61mg (30.29%), Vitamin B1: 0.41mg (27.66%), Potassium: 870.82mg (24.88%), Phosphorus: 242.52mg (24.25%), Copper: 0.48mg (24.01%), Calcium: 223.77mg (22.38%), Iron: 3.82mg (21.24%), Vitamin B3: 3.9mg (19.52%), Vitamin E: 2.28mg (15.22%), Vitamin B2: 0.24mg (13.96%), Zinc: 1.93mg (12.87%), Vitamin B5: 1.08mg (10.84%), Selenium: 2.19µg (3.13%)