



HEALTH SCORE

100%

White Bean Stew with Winter Squash and Kale



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



80 min.

SERVINGS



6

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce canned tomatoes diced canned (fire-roasted preferred)
- 1 teaspoon basil dried
- 1 pound navy beans dried quick
- 0.5 cup basil fresh chopped
- 1 cup corn fresh
- 4 cloves garlic minced
- 1.5 teaspoon ground cumin divided
- 1 jalapeno seeded finely chopped

- 12 ounces kale sliced
- 1 large onion chopped
- 2 teaspoons oregano dried divided
- 1 pound winter squash cubed peeled cut into 3/4-inch dice (I used butternut)
- 1 large bell pepper red chopped
- 1 teaspoon salt to taste (or)
- 4 teaspoons paprika smoked divided
- 5 cups water

Equipment

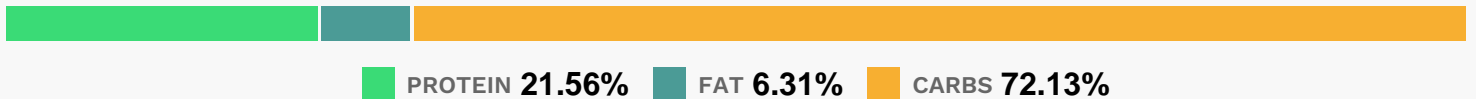
- pot
- stove
- dutch oven
- pressure cooker

Directions

- Make sure to rinse your beans first and check for rocks and then soak overnight in cold water. Or do a quick soak by boiling the beans in enough water to cover by an inch for one minute, and then cover and allow to stand for at least an hour.
- Drain before proceeding with the recipe.
- Heat a pressure cooker or large Dutch oven.
- Add the onions and a pinch of baking soda (optional but speeds up the browning). Cook until onion is soft and beginning to brown.
- Add the garlic and cook for another minute.
- Add the beans, water, 2 teaspoons paprika, 1 teaspoon oregano, 1 teaspoon cumin, and dried basil to the pot. Bring to a boil. If pressure cooking, seal your cooker and bring to high pressure. Cook at high pressure for 8 minutes; then perform a quick release. If cooking in a regular pot, bring to a boil, reduce heat to a simmer, cover and cook until beans are just barely cooked all the way through, 30 minutes to 1 1/2 hours. Check pot occasionally and add more water to cover the beans if it seems low.

- Add the squash along with the remaining seasonings, peppers, tomatoes, and salt, if using. Seal the cooker and cook at high pressure for 8 more minutes.
- Let pressure come down naturally; after 15 minutes, quick release pressure if necessary. For stovetop cooking, add more water if necessary to cover all ingredients. Cover and simmer until beans and squash are very tender. Check the seasoning and add more cumin, oregano, or salt to taste.
- Add the kale and corn and simmer, covered, until the kale is tender. Stir in the basil and cook for another minute before serving.

Nutrition Facts



Properties

Glycemic Index:47.67, Glycemic Load:2.65, Inflammation Score:-10, Nutrition Score:47.759565104609%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 14.63mg, Isorhamnetin: 14.63mg, Isorhamnetin: 14.63mg, Isorhamnetin: 14.63mg Kaempferol: 26.71mg, Kaempferol: 26.71mg, Kaempferol: 26.71mg, Kaempferol: 26.71mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 18.09mg, Quercetin: 18.09mg, Quercetin: 18.09mg, Quercetin: 18.09mg

Nutrients (% of daily need)

Calories: 387.27kcal (19.36%), Fat: 2.92g (4.5%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 75.23g (25.08%), Net Carbohydrates: 48.83g (17.76%), Sugar: 10.68g (11.86%), Cholesterol: 0mg (0%), Sodium: 533.84mg (23.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.49g (44.98%), Vitamin A: 15516.65IU (310.33%), Vitamin K: 245.91µg (234.2%), Vitamin C: 117.99mg (143.02%), Fiber: 26.4g (105.61%), Manganese: 1.98mg (99.07%), Folate: 373.13µg (93.28%), Vitamin B1: 0.85mg (56.52%), Magnesium: 216.77mg (54.19%), Potassium: 1813.86mg (51.82%), Copper: 0.94mg (47.06%), Iron: 7.98mg (44.34%), Phosphorus: 437.69mg (43.77%), Vitamin B6: 0.87mg (43.3%), Calcium: 359.98mg (36%), Vitamin B2: 0.46mg (26.81%), Vitamin B3: 5.11mg (25.57%), Zinc: 3.76mg (25.09%), Vitamin E: 3.45mg (22.97%), Selenium: 10.45µg (14.92%), Vitamin B5: 1.38mg (13.76%)