

Butternut Squash Stew

Recipe Type: Entree

Serves: 6

Prep Time: 5 minutes

Cooking Time: 40 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 2 T olive oil
- 1 large onion, chopped
- ¼ t salt
- ½ t ground black pepper
- 1 medium butternut squash
- 1 small green pepper
- 1 15.5 oz can diced tomatoes
- 1 15.5 oz can chickpeas, rinsed
- 1 t ground cinnamon
- 1 t ground cumin
- 2 C rice of choice, cooked or bread
- ½ t cayenne pepper (optional)

What to do:

1. Wash your hands.
2. Peel the squash with a potato peeler.
3. Cut the squash in half and scoop out the seeds with a spoon. Cut each half of the squash into 1 inch pieces.
4. Heat the oil in a large pot over medium heat.
5. Put the onion, salt and pepper into the pot. Cook for 6 to 8 minutes or until soft.
6. Add the squash, green pepper, tomatoes, chickpeas, cinnamon and cumin to the pot.
7. Cover the pot and cook for 25 to 30 minutes or until the squash is soft.
8. Serve over rice and enjoy!



This is a picture of 1 serving.

Nutrition Facts

Serving Size 2 C

Amount Per Serving

Calories 260

Calories from Fat 60

%Daily Value*

Total Fat 6 g **9%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 280 mg **12%**

Total Carbohydrate 46 g **15%**

Dietary Fiber 8 g **32%**

Sugars 9 g

Protein 7 g

Vitamin A 250%

* Percent Daily Values are based on a 2,000 calorie diet.

FK=4.4

To spice it up: add ½ t cayenne pepper.

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