

# Vegetable Stew

Yield 8 servings

## Ingredients

3 cups	water
1	vegetable bouillon (low sodium, cube)
2 cups	white potatoes (cut into 2-inch strips)
2 cups	carrot (sliced)
4 cups	summer squash (cut into 1-inch chunks)
1 cup	summer squash (cut into 4 chunks)
1 can	sweet corn (15 ounces, rinsed and drained)
1 teaspoon	thyme
2	garlic (cloves, minced)
1	green onion (stalk, chopped)
1/2	green chile pepper (small, chopped)
1 cup	onion (coarsley chopped)
1 cup	tomatoes (diced)

## Instructions

1. Put water and bouillon in large pot and bring to a boil.
2. Add potatoes and carrots and simmer for 5 minutes.
3. Add remaining ingredients, except for tomatoes, and continue cooking for 15 minutes over medium heat.
4. Remove 4 chunks of squash and puree in blender.
5. Return pureed mixture to pot and let cook for 10 minutes more.
6. Add tomatoes and cook for another 5 minutes.
7. Remove from heat and let sit for 10 minutes to allow stew to thicken.

## Cost

Per recipe: \$4.09  
Per serving: \$0.51

## Source

US Department of Health and Human Services  
National Institutes of Health  
National Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style

## Nutrition Facts

Serving Size 1 1/4 cup (394g)  
Servings Per Container 8

Amount Per Serving

**Calories 140**    Calories from Fat 10

% Daily Value\*

**Total Fat 1g**    **2%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 210mg**    **9%**

**Total Carbohydrate 31g**    **10%**

Dietary Fiber 5g    **20%**

Sugars 8g

**Protein 4g**

Vitamin A 140%    •    Vitamin C 50%

Calcium 6%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9    •    Carbohydrate 4    •    Protein 4