

Coconut Butternut Squash & Red Bean Stew

Preparation: 20 minutes

Cook: 20 minute

Ingredients:

- 3 cups low sodium vegetable stock
- 2 cups minced red onion
- 2 cups peeled, seeded, and diced butternut squash
- 2 cups chopped fresh tomatoes
- 1 tablespoon minced garlic
- 2 bay leaves
- 2 teaspoons chopped fresh thyme (or 1 teaspoon dried)
- 1 can (15.25 ounces) drained red kidney beans
- 8 cups chopped kale
- ½ cup canned unsweetened coconut milk
- ½ teaspoon salt (optional)
- ¼ teaspoon freshly ground black pepper
- 5 cups cooked grain (e.g., brown rice, barley)

Garnish:

- ½ cup diced green onions
- ½ cup chopped fresh cilantro

Instructions

- 1) In a large Dutch oven or stock pot, over medium heat, add stock, onion, butternut squash, tomato, garlic, bay leaves and thyme. Cover and cook until butternut squash is soft (about 20 minutes).
- 2) If you are using the kale, add it to the soup and add kidney beans, coconut milk, salt and pepper.
- 3) To serve: place 1 cup cooked carbohydrate in a bowl. Top with 1 ½ cups of stew, 1 tablespoon green onions and 1 tablespoon cilantro.

Yields/Servings: Makes 8 cups (excluding kale). Serves five, 1 ½ cups per person

Nutrition per 1.5 Cup Serving (using Kale): 438 Calories, 16 grams Protein, 20 grams Fiber, 3 grams Fat, 96 grams Carbohydrate, 379 mg Sodium, 846 mg Potassium. This stew is an excellent source of fiber, plant based protein, Vitamins A & C and Folate.