

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 dice tomatoes
- 1–15.5 oz can chickpeas, drained and 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 potato peeler.
3. Cut the squash in half and scoop out the seeds with a spoon. Then cut each half into 1–inch pieces.
4. Heat the oil in a large pot over medium heat.
5. Put the onion, salt, and pepper into a pot. Cook for 6–8 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 25–30 minutes or until the squash is soft.
8. Serve over rice and enjoy!

To spice it up: add ½ t cayenne pepper.



This is a picture of 1 serving.

Contains Wheat

Nutrition Facts	
6 servings per container	
Serving size	2 Cups (294g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 37g	13%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 55mg	4%
Iron 2mg	10%
Potassium 540mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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