

Curried Squash Stew

Rating: ★★ ★

Prep time: 20 minutes

Cook time: 35 minutes

Makes: 4 Servings

Curry powder and cinnamon give unique flavor to this zucchini, butternut squash, tomato, and bean stew. Add raisins or dried cranberries for an added "sweet note."

Ingredients

- 1 **tablespoon** vegetable oil
- 1 yellow onion (peeled and chopped)
- 2 **cloves** garlic (peeled and minced)
- 1 celery stalk (including leaves, chopped)
- 1/2 **teaspoon** ground cinnamon
- 1 large zucchini (or 2 small)
- 2 **tablespoons** curry powder
- 3 **cups** butternut squash
- 1 **can** 14.5 ounce low-sodium diced tomatoes (including liquid)
- 1 **can** 15.5 ounce low-sodium white beans or chickpeas (drained and rinsed)

Directions

1. Heat a large pot on the stove over medium heat and add oil. Add the onion, garlic and celery and cook about 10 minutes, until the onion is tender.
2. Add zucchini and curry powder and cook for 10 minutes, stirring occasionally.
3. Add the butternut squash, tomatoes and chickpeas and cover. Continue cooking about 10



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	234	
Total Fat	6 g	9%
Protein	9 g	
Carbohydrates	41 g	14%
Dietary Fiber	9 g	36%
Saturated Fat	1	5%
Sodium	168 mg	7%

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Vegetables	1 3/4 cups
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minutes.

4. Serve with cooked brown rice.

Notes

For additional flavor, add ½ cup raisins.

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