BLACK BEAN AND BUTTERNUT STEW WITH QUINOA

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 7 (Serving= 1 cup stew and 1/2 cup quinoa)

Nutrition (per serving)

Calories: 379	Total Carbohydrate: 72 g
Total Fat: 5 g	Dietary Fiber: 14 g
Saturated Fat: 0 g	Protein: 15 g
Sodium: 354 mg	

Ingredients

Stew

- 1 Tablespoon olive oil
- 1 red bell pepper, diced
- 1 yellow pepper, diced
- 1 ½ cups onion, diced
- 2 cups butternut squash, peeled & cubed
- 2 teaspoons ground cinnamon
- 1 teaspoon garlic powder
- ½ teaspoon ground cumin
- ½ teaspoon red pepper flakes
- ¼ teaspoon sea salt
- 1 – 14.5 ounce can diced tomatoes, no salt added
- 2 – 15 ounce cans black beans, drained & rinsed
- 1 cup water

Quinoa

- 1 ¾ cups uncooked quinoa
- 3 ½ cups water

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- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ½ cup raisins
- Chopped pistachios for garnish

Directions

1. In a deep saucepan on medium heat, sauté bell pepper, onion and butternut squash in olive oil until just softened.
2. Add spices, beans, tomatoes and water and bring to boil. Cover and simmer for 20 minutes or until vegetables are soft.
3. In a medium saucepan, combine quinoa and water and bring to boil. Cover and simmer for 15 min or until water is absorbed. Stir in spices and raisins.
4. In the bottom of a serving bowl place ½ cup of quinoa. Serve 1 cup of stew over it and chopped pistachios for garnish.