Southwest Quinoa & Sweet Potato Stew

The Goldring Center for Culinary Medicine
TULANE UNIVERSITY

This hearty stew is a low-calorie and filling option for lunch or dinner, especially when paired with a side salad. It can also be easily modified with different spices, vegetables, and beans!

YIELD	PREP TIME	TOTAL TIME
8 SERVINGS	15 MIN	45 MIN

INGREDIENTS

4 tsp	Olive Oil
1 medium	Onion, small dice
1 each	Red Bell Pepper, small dice
4 cloves	Garlic, minced
1 Tbsp	Tomato Paste
1 Tbsp	Chili Powder
1 tsp	Cumin, ground
1 tsp	Oregano, dried
¼ tsp	Cinnamon, ground
¼ tsp	Red Pepper Flakes
1 tsp	Kosher Salt
6 cups	Vegetable Stock, no salt added
1 (15oz) can	Diced Tomatoes, low sodium
1 lb	Sweet Potato, peeled, small dice
½ cup	Quinoa, dry
6 cups	Kale, ribs removed, cut into 1" pieces (about 6 leaves)
1 (15oz) can	Kidney Beans, drained and rinsed
1 cup	Corn, frozen
½ cup	Cilantro, fresh, chopped
2 each	Limes
2 each	Avocado, diced

DIRECTIONS

1. Gather all ingredients and equipment.
2. Heat a large saucepot over medium-high heat. Once hot, add 2 tsp of olive oil. Once the oil is hot, add the onion. Cook on medium heat until onion is translucent and softened, about 1-2 minutes. Add the bell pepper and cook until the peppers soften, about 2-3 minutes. Add the garlic and cook until fragrant, about 30 more seconds.
3. Add the tomato paste, spices, and salt to the pot, stirring well to combine. Continue to cook the mixture, allowing the tomato paste and spices to toast a little, about 1 minute.
4. Add the stock and diced tomatoes (with their juices), stirring to scrape up any brown bits. Add the sweet potato and quinoa, then adjust the heat to medium-high and bring to a boil. Once boiling, reduce the heat to low, cover, and let simmer for about 15 minutes. Stir occasionally to prevent sticking.
5. Add the kale, beans, and corn to the stew. Reduce the heat to medium-low, and cover the stew, until the kale is wilted, and the potatoes are tender, about 3-4 minutes.
6. Squeeze the juice of one lime over the stew and stir to combine. Cut the remaining lime into wedges. Remove from the heat and top each 1 ½ cup serving with cilantro, diced avocado and serve with a lime wedge.

Directions Continued and Nutrition Facts Found on the Reverse Side **04.28.26**

Nutrition Facts

8 servings per container

Serving size **1.5 cups (546g)**

Amount Per Serving

Calories **310**

	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 320mg	**14%**
Total Carbohydrate 48g	**17%**
Dietary Fiber 13g	**46%**
Total Sugars 8g	
Includes 0g Added Sugars	**0%**
Protein 10g	**20%**
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 3.2mg	20%
Potassium 910mg	20%

* The % Daily Value (DV) 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.