

Autumn Sweet Potato Stew



This hearty stew celebrates fall produce like collard greens and sweet potatoes and is packed with fiber to keep you feeling full and satisfied!

YIELD 6 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

2 tsp, divided	Olive or Canola Oil
8 oz.	Ground Beef (90/10)
1 medium	Onion, diced
3 cloves	Garlic, minced
1 tsp	Coriander, ground
1 tsp	Cumin, ground
½ tsp	Turmeric, ground
1 Tbsp	Smoked Paprika
4 cups	Collard greens, ribs and stems removed, chopped
1 lb.	Sweet potato, medium diced
1 (15 oz.) can	Tomatoes, canned, diced
32 oz.	Vegetable stock, homemade or no salt added
¼ tsp	Salt
¼ tsp	Black Pepper
1 (15 oz.) can	Cannellini, White, or Kidney Beans, drained and rinsed

CHEF'S NOTES

We cut down on the amount of meat in this dish which saves calories and saturated fat. The meat can also be left out to make this a vegan stew.

This versatile stew is full of warm spices, but you can use any dried herbs or spices you have on hand. You can also substitute any hearty green for the collards such as kale or chard. Winter squashes like butternut or acorn would also work well in place of the sweet potato.

Topping Ideas include chopped parsley or cilantro, a dollop of nonfat Greek yogurt, and a squeeze of lime.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Heat a large sauce pot over medium-high heat. Once hot, add 1 tsp of oil then the ground beef. Cook beef, breaking it up with a wooden or metal spoon. Cook until no pink remains, remove from the pot, and set aside.
3. Add the remaining 1 tsp of oil to the pot and then the onion, cooking until translucent and softened, about 2-4 minutes. Add the garlic and spices, stirring to coat the onions and cook for about 30 more seconds to toast the spices.
4. Add the collard greens, sweet potato, canned tomatoes with their juices, stock, salt, and pepper.
5. Stir to combine and bring to a boil. Once boiling, reduce the heat to medium-low, cover, and let simmer until potatoes are tender, about 20 minutes. Stir occasionally.
6. Once the potatoes are tender, stir in the drained beans and reserved ground beef. Cook for about 5 more minutes. Remove from the heat and enjoy with your favorite toppings!

Nutrition Facts

6 servings per container

Serving Size 2 cups (454 g)

Amount per serving

Calories 240

% Daily Value *

Total Fat 6g 7%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 290mg 13%

Total Carbohydrate 33g 12%

Dietary Fiber 10g 37%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 15g 30%

Vitamin D 0.03mcg 0%

Calcium 120mg 9%

Iron 2mg 13%

Potassium 600mg 13%

*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.

