

Southwest Quinoa & Sweet Potato Stew



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 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

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

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.

- 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.
- 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.

Nutrition Facts	
8 servings per container	
Serving Size	1.5 cups (469 g)
Amount per serving	
Calories	300
% Daily Value *	
Total Fat 9g	12%
Saturated Fat 1.5g	6%
<i>Trans Fat 0g</i>	
Cholesterol 0mg	0%
Sodium 530mg	23%
Total Carbohydrate 46g	17%
Dietary Fiber 11g	40%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 13g	25%
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 3mg	17%
Potassium 1100mg	23%
<small>*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.</small>	

Recipe adapted from *Health meets Food: Chicken and Sweet Potato Stew (8/6/18)*



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