



October 7, 2014

Spiced Pumpkin Stew

Pumpkin is everywhere – in coffee, desserts, and even [mac and cheese](#). And there are quite a few reasons to indulge in this fall staple. Pumpkins are rich in vitamin A, specifically beta-carotene, a potent antioxidant that gives the squash its bright orange hue. They're also rich in fiber and make an excellent base for hearty stews like this one.

Pumpkin Stew

- 1 Tbsp. olive oil
- 1 medium green bell pepper, chopped
- 1 medium red bell pepper, chopped
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 1/2 tsp. ground cumin (curry powder may be substituted)
- 1 (15 oz.) can pureed pumpkin (2 cups fresh may be substituted)
- 1 (15 oz.) can black beans, no salt added, drained
- 1 (15 oz.) can yellow corn kernels, no salt added, drained (1-1½ cups fresh or frozen may be substituted)
- 1 (14 oz.) can diced tomatoes, no salt added
- 2 cups reduced-sodium chicken broth (vegetable may be substituted)
- 1/4 cup fresh cilantro, finely chopped, divided
- Salt and freshly ground black pepper to taste
- 1/4 cup plain, low-fat yogurt, optional

In large saucepan warm oil over medium heat. Stir in peppers, onion and garlic and sauté about 6 minutes until peppers and onion soften. Stir in cumin and continue to cook 1-2 minutes.

Pour in pumpkin, beans, corn, tomatoes and broth. Add 1 teaspoon cilantro and season with salt and pepper to taste. Bring to boil then reduce heat. Cover and simmer 25 minutes.

Divide stew among four bowls and garnish with cilantro and yogurt, if desired.

Makes 4 servings.

Per 2 cup serving: 301 calories, 5 g total fat (1 g saturated fat), 57 g carbohydrate, 14 g protein, 14 g dietary fiber, 307 mg sodium.

