

# Hungry Brother's Stew

**Makes:** 8 Servings

## Ingredients

1 large butternut squash, peeled  
3 tablespoons extra-virgin olive oil  
1 onion, peeled and chopped  
6 cloves garlic, peeled and minced  
1 large red bell pepper, seeded and cut into strips  
2 (14-ounce) can diced tomatoes  
1 (15-ounce) can white beans, drained and rinsed  
1 (15-ounce) can pinto beans, drained and rinsed  
2 1/2 cups fresh or frozen corn  
32 ounces low-sodium chicken broth  
1 tablespoon ground cumin  
2 teaspoons chili powder  
1 teaspoon dried oregano  
pinch crushed red pepper flakes  
1/2 teaspoon black pepper  
1 cup cooked quinoa  
1/4 cup fresh cilantro, for garnish (optional)

## Directions

1. Preheat the oven to 375°F.
2. Cut the squash in half and remove the seeds. Fill a large shallow baking pan with 2 inches of water. Place squash halves, cut sides up, in the pan and cover with aluminum foil. Bake for 40 minutes, or until the squash is tender when pierced with a fork. Let the squash cool, then cut into cubes.
3. In a large stockpot, heat olive oil over medium high heat, add the onion and cook for 3 minutes.
4. Add remaining ingredients, except the squash, quinoa and cilantro, and bring to simmer. Reduce the heat to medium and cook for 20 minutes.
5. Add the cooked squash and quinoa and cook for 5 minutes more. Spoon into bowls, top with cilantro (if using), and serve.

**Total Cost:** \$8.25

**Serving Cost:** \$1.03

**Source:** The 2015 Healthy Lunchtime Challenge Cookbook



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Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>(497g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>290</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 47g	<b>17%</b>
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 0g Added Sugars	0%
<b>Protein</b> 13g	
Vitamin D 0mcg	0%
Calcium 134mg	10%
Iron 4mg	20%
Potassium 1052mg	20%

\*The % Daily Value 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.