



Soul Food Makeover: Vegetable Stew Recipe

3 cups	water
1 cube	vegetable bouillon, low sodium
2 cups	white potatoes cut in 2-inch strips
2 cups	carrots, sliced
4 cups	summer squash, cut in 1-inch squares
1 cup	summer squash, cut in four chunks
2 ears	fresh corn (1½ cups)
1 teaspoon	thyme, ground
2 cloves	garlic, minced
1 stalk	scallion, chopped
½ small	hot red pepper, chopped
1 cup	onion, coarsely chopped
1 cup	tomatoes, diced



Make It a Meal

To make this dish a meal, serve it with a green salad that includes lettuce (romaine) or spinach, cucumber, and other fresh vegetables. Use a light dressing, such as a vinaigrette, or a low-fat or fat-free dressing. Serve with whole-grain bread or rolls.

You can add your other favorite vegetables such as broccoli, cauliflower, or string beans.

1. Heat water and bouillon in a large pot, and bring to a boil.
2. Add potatoes and carrots to the broth, and simmer for 5 minutes.
3. Cut the corn off the cob.
4. Add the remaining ingredients, except for the tomatoes, and continue cooking for 15 minutes over medium heat.
5. Remove the four chunks of squash, and puree in a blender.
6. Return pureed mixture to the pot, and let it cook for 10 minutes more.
7. Add tomatoes, and cook for another 5 minutes.
8. Remove from heat, and let it sit for 10 minutes to allow stew to thicken.

Makes 8 servings

Serving size: 1¼ cups	Sodium: 37 mg
Calories: 100	Total Fiber: 5 g
Fat: 1 g	Protein: 3 g
Saturated fat: 0 g	Carbohydrates: 23 g
Cholesterol: 0 mg	Potassium: 607 mg