

Caribbean Vegetable Stew

Ingredients:

- 1 onion, large, chopped
- ½ tsp. salt
- ½ tsp. thyme, ground
- ½ tsp. Allspice, ground
- 1 chili pepper, green, whole, seeds removed and minced
- 1 sweet potato, cut into medium chunks
- 2 cup low sodium vegetable broth
- 2 zucchini, small, cut into 1" chunks
- 1 ½ cups tomatoes, canned, whole, peeled, unsalted, coarsely chopped (reserve juice)
- 4 cups kale, chopped
- 1 tbsp. lime juice, fresh
- 3 tbsp. cilantro, fresh



Nutrition Facts

Serving Size 1 1/2 cups (340g)
Servings Per Container 5

Amount Per Serving

Calories 110 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 460mg **19%**

Total Carbohydrate 21g **7%**

Dietary Fiber 4g **16%**

Sugars 7g

Protein 5g

Vitamin A 300% • Vitamin C 150%

Calcium 10% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Directions:

1. In covered soup pot, sauté the onions and salt in oil for about 7 minutes, stirring occasionally.
2. Add the thyme, allspice and chile and continue to cook for another 1 -2 minutes.
3. Stir in the sweet potatoes and broth and simmer covered for about 5 minutes.
4. Add zucchini and the tomatoes with their juice and simmer 10-15 minutes more, until all of the vegetables are barely tender.
5. Add the kale and cook another 5-10 minutes. Stir in the lime juice and cilantro.