

Winter Vegetable Stew

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Servings: 8

*3 tablespoons olive oil
1 cup yellow onions, prediced
1 cup celery, prediced
1 Yukon Gold potato (8 ounce),
diced
8 ounces fresh button mushrooms,
halved
1 can (14.5 ounce) low-sodium
chickpeas, drained and rinsed
3 cups vegetable stock
1 tablespoon garam masala
2 tablespoons chili spice paste
1 pound precut sweet potatoes
1 bag (8 ounce) Brussels sprouts,
microwaveable
1 bag (8.5 ounce) 90-second brown
rice and quinoa blend, microwaveable
sundried tomatoes in oil (optional)
(for garnish)
small oregano leaves (optional) (for
garnish)*

Preparation Time: 15 minutes

Preheat the oil in a large stockpot on medium-high for 2 to 3 minutes. Add the onions and celery. Cook for 5 to 6 minutes, stirring occasionally, or until softened.

Cut the Yukon Gold potatoes into small bite-size pieces. Halve the mushrooms. Drain and rinse the chickpeas.

Stir in the vegetable stock, garam masala, chili paste, sweet potatoes, Yukon Gold potatoes, mushrooms and chickpeas. Bring to a boil. Reduce the heat to low. Cover and simmer for 20 to 30 minutes, or until the potatoes are tender.

Microwave the Brussels sprouts following the package directions. Stir into the stew.

Microwave the quinoa following the package directions. Serve with the stew.

Garnish with sundried tomatoes in oil and small fresh oregano leaves, if desired.

Per Serving (excluding unknown items): 117 Calories; 7g Fat (49.6% calories from fat); 3g Protein; 12g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 624mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1 1/2 Fat.