

Mediterranean Vegetable Stew

From the American Institute of Cancer Research

<http://www.aicr.org/foods-that-fight-cancer/legumes.html#recipes>

Ingredients

- 1 Tbs. olive oil
- 1 large onion, chopped
- 1 cup low-sodium vegetable broth
- ½ tsp. chili powder (or to taste)
- ¼ tsp. ground cloves
- 1 tsp. cumin
- ½ tsp. cinnamon
- ½ tsp. ground paprika
- ½ tsp. ground turmeric
- ½ tsp. ground cardamom
- 2 cups butternut squash, peeled, seeded, diced into ½ inch cubes
- ¼ cup raisins
- 2 carrots, cut into ¼ inch slices
- 3 cloves garlic, minced
- 1 large zucchini, halved lengthwise and cut into ¼ inch slices
- 1 (15 oz.) can garbanzos, drained
- ¼ cup pitted black olives, halved
- ¾ tsp. salt
- ½ tsp. white or black pepper
- ¼ cup chopped fresh parsley, divided
- 1-2 Tbsp. fresh lemon juice
- 3 cups cooked brown rice (or other whole grain)

Instructions

1. Heat oil in large pot over medium-high heat. Add onion and cook until translucent, about 2 minutes. Add broth and reduce heat to medium-low. Simmer, stirring frequently.
2. While broth simmers, stir in spices. Add squash, raisins, carrots, and garlic. Cover and continue simmering until vegetables are tender, about 25-30 minutes.
3. Add in zucchini, garbanzos, olives, salt, and pepper. Re-cover and continue to simmer until zucchini is tender, an additional 10-12 minutes. Stir in 2 tablespoons parsley and lemon juice.
4. Place warm rice uniformly on large serving platter (or individual plates), and spoon stew over top. Garnish with remaining parsley and serve.

Makes 6 servings (about 1 cup stew per serving)

Nutrition information per serving:

Calories	300
Carbohydrate	54 g
Dietary Fiber	9 g
Protein	11 g
Total Fat	6 g
Saturated Fat	1 g
Sodium	464 mg

