

Sweet Potato Stew Makes 4 servings

1 T canola oil
1 medium onion, chopped fine
2 cloves garlic, minced
1 large red bell pepper, cut into 1/4 " dice
4 c sweet potato, peeled, cut into 1/2" cubes
1 T pumpkin pie spice
1/2 t crushed red pepper
1, 15 oz. can no salt added tomatoes
1, 15 oz. can great northern beans
1.5 cup water
1.5 cup vegetable broth
1 T brown sugar
2T peanut butter



Heat canola oil in pan on medium high heat. Add potatoes and cover pan. After 3 minutes add onions, garlic, and bell pepper. Heat covered for an additional 3 minutes, stirring every minute. When onions are translucent add pumpkin pie spice and crushed red pepper. Continue heating for 2 minutes stirring every 30 seconds. Add the tomatoes and continue to heat for 3 minutes. Meanwhile, place beans in a colander and rinse thoroughly. Transfer beans to a bowl and mash them into a paste (using your hands or a tool such as a fork). Add beans, water, vegetable broth, and sugar. Bring to a boil then reduce to a simmer. Add peanut butter, stir and simmer until sweet potatoes are desired doneness (about 15 minutes). Serve.

Nutrition information: 350 calories, 9g fat, 9g protein, 60g carbohydrate, 510mg sodium, 13g dietary fiber.
Excellent source of vitamins A and C, and iron. Good source of calcium

Adapted from 2014 USDA Kids State Dinner Wisconsin Representative Sarah Ganser.



University
Health
Center

