

Veg-Out Chilean Stew

Budget-friendly recipe

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Ready in: 30 mins.

This colorful stew packed with nutrients will not only appeal to your eyes, but also your taste buds!

Ingredients

- 3 tablespoons Olive oil
- 1 medium Red onion *medium chopped*
- 2 small bags of Butternut squash *pre-cubed and peeled*
- 12 ounces Canned diced tomatoes
- 1 cup water or vegetable broth
- 3 Purple (or red) potatoes *medium chopped*
- 4 Garlic cloves *finely chopped*
- Salt and pepper
- 1 cup Collards or Swiss chard *center rib removed, medium chopped*
- 1 cup Mushrooms *medium chopped*
- 1 cup Baby spinach
- 6 Fresh basil leaves *roughly chopped*
- ½ cup Shaved parmesan cheese (optional)



Photo attribution: Zachary Worthington

What You'll Need

- Chef knife
- Cutting board
- Measuring spoons
- Measuring cups
- Large wok or saucepan
- Wooden spoon

Directions

1.

Heat 3 tablespoons olive oil in large wok or saucepan. Add red onion and pre-cubed butternut squash and sauté about 4 minutes. Add can of diced tomatoes, water or vegetable broth, purple potatoes, and garlic. Continue cooking, stirring occasionally, for about 10 minutes. Season with salt and pepper.

2.

Add collards or Swiss chard, mushrooms, and spinach. Cook for about 4 minutes, stirring occasionally. Add chopped fresh basil.

3.

Top stew with shaved parmesan cheese separately.

Nutrition Info and more

Serving size: 2 cups

Total calories: 320 Total fat: 12 g Saturated fat: 3 g Carbohydrates: 46 g Protein: 9 g Fiber: 7 g Sodium: 450 mg