

## Hearty Winter Stew

1-1/2 cups water or vegetable stock (use a low sodium vegetable bouillon cube to save time)  
1 tablespoon low-sodium soy sauce  
1 onion, chopped  
1 red bell pepper, diced  
5 large garlic cloves, minced  
4 cups bright orange/yellow winter squash (any variety; use your favorite!)  
One 15-ounce can chopped tomatoes  
1-1/2 teaspoons chili powder  
1/2 teaspoon cumin  
Black pepper to taste  
One 15-ounce can kidney beans (rinsed thoroughly)

1-1/2 cups fresh or frozen corn

Heat 1/2 cup water/vegetable stock and soy sauce in a large pot, then add the onion, bell pepper, and garlic and cook over medium heat until the onion is translucent and most of the water evaporates.

Cut the squash in half and remove its seeds, then peel and cut it into 1/2-inch cubes. Add squash cubes to the onion mixture, along with the chopped tomatoes, remaining 1 cup water/vegetables stock, oregano, chili powder, cumin, and pepper. Cover and simmer until the squash is just tender when pierced with a fork, or about 20 minutes, then add the kidney beans and the corn. Cook 5 minutes longer. Add additional water/vegetable stock as needed to prevent stew from drying out.

**Serves 6**

### Nutrition Information

per 1 1/2 cup serving

Calories: 185  
Fat: 0.83 gm.; 4% of calories from fat  
Cholesterol: 0  
Sodium: 314 mg.  
Carbohydrate: 38 gm.  
Protein: 6 gm.

Diabetic Exchange:  
2 vegetables