

Soups and Stews

## Chunky Sweet Potato Stew

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**Serves:** 2

**Preparation Time:** 25 minutes

**Ingredients:**

- 1 onion, thickly sliced
- 2 large garlic cloves, chopped
- 1 1/2 cups stewed tomatoes with juice (see note)
- 1 large sweet potato, peeled, cut into 1/2 inch pieces
- 1 cup cooked or no-salt-added or low sodium canned garbanzo beans (chickpeas) or white kidney beans
- 3/4 teaspoon dried rosemary
- 1 medium zucchini, cut into 1/2 inch thick rounds
- 1 teaspoon Mrs. Dash no-salt seasoning

**Instructions:**

In a saute pan, heat 2 tablespoons water. Add the onion and water saute about 5 minutes, until slightly softened, separating slices into rings. Add garlic and cook 1 minute. Add additional water as needed.

Mix in stewed tomatoes with juice, sweet potatoes, garbanzo beans and rosemary. Bring mixture to a simmer, stirring occasionally. Cover and cook 5 minutes. Add zucchini. Cover and cook until sweet potatoes are tender, about 15 minutes, stirring occasionally. Season with Mrs. Dash.

Note: To make stewed tomatoes: place whole tomatoes in boiling water for 1 minute and then immediately transfer to cold water. Peel and quarter tomatoes, and place in a large saucepan. Slowly simmer over low heat for 20 to 30 minutes, stirring occasionally to prevent burning.

**Per Serving:**

CALORIES 253; PROTEIN 11g; CARBOHYDRATES 50g; TOTAL FAT 2.6g; SATURATED FAT 0.3g; SODIUM 63mg; FIBER 11.7g; BETA-CAROTENE 5680ug; VITAMIN C 27mg; CALCIUM 155mg; IRON 5.2mg; FOLATE 178ug; MAGNESIUM 87mg; ZINC 1.9mg; SELENIUM 4.4ug

Dr. Fuhrman

