



# South American Stew



Where service *and savings* matter.

**SERVINGS:** 12

## INGREDIENTS:

- 4 cups Food Club 100% Vegetable Juice canned
- 1 Tbsp olive oil
- 1 cup onions, coarsely chopped
- 3 cloves garlic, coarsely chopped
- 1 ½ cups shiitake mushrooms, sliced
- 6 cups Food Club 100% Tomato Juice canned
- 1 ½ Tbsp chili powder
- 2 cups yams, peeled and cubed, about ½ inch (may use other winter squash)
- ½ cup quinoa, thoroughly rinsed
- 1 ½ zucchini, 1 inch slices (may use other seasonal veggies)
- 15 oz can Food Club Light Red Kidney Beans
- 1 ½ cups corn, fresh or frozen
- Lemon juice, to taste

## NUTRITIONALS

Nutritional analysis per serving:  
 calories 180, calories from fat 20,  
 total fat 2.5g, saturated fat 0g,  
 trans fat 0g, cholesterol 0mg,  
 sodium 260mg, total carbohydrate  
 35g, dietary fiber 4g, sugars 7g,  
 protein 6g, vitamin A 250%, vitamin  
 C 80%, calcium 6%, iron 10%

## DIRECTIONS:

Winter squash is still being used in the spring in cold weather climates. You may use yams or butternut squash or even pumpkin. I tried all three and my preference was the yams. I had corn in the freezer from last years garden so I used it, but feel free to leave it out and add edamame or snow peas. ~Patty James, 2007

Prepare veggies as directed.

Heat oil in a large, heavy pot and sauté onions, garlic and shiitake mushrooms about 5 minutes. Add tomato and carrot juices, chili powder, yams and quinoa and bring to a boil.

Reduce heat and simmer and cook, covered 10-15 minutes. Just as the yams are beginning to be tender, add zucchini. Simmer covered until all vegetables are tender, about 10 minutes more. Add the beans and corn, cook until thoroughly heated. Season to taste with fresh lemon juice.

Source: Patty James Cooking School & Nutrition Center  
 www.pattyjames.com

visit [unitedtexas.com](http://unitedtexas.com) for more recipe ideas

## ★ South American Stew ★ Shopping List

### PRODUCE:

- 1 large onion
- 3 cloves garlic
- 1 ½ cups shiitake mushrooms
- 2 yams
- 2 zucchini
- 1 ½ cups corn, fresh or frozen
- 1 lemon

### WHOLE GRAINS/ BREADS/ PASTA:

- Quinoa

### SPICES/SEASONINGS:

- Chili powder

### GROCERY/FROZEN/ MISCELLANEOUS:

- 1 can Food Club 100% Vegetable Juice
- 1 can Food Club 100% Tomato Juice
- Olive oil
- 1 – 15 oz can Food Club Light Red Kidney Beans

FOLD