

Vegetable Stew

Serves: 8

Ingredients

3 cups water	½ small hot pepper
1 tsp. thyme	1 cup summer squash, cut in 4 chunks
1 cube vegetable bouillon, low sodium	1 cup tomatoes, diced
2 cloves garlic, minced	4 cups summer squash, cut in 1-inch squares
2 cups white potatoes, cut in 2-inch strips	1 (15-oz.) can sweet corn, rinsed and drained
1 stalk scallion, chopped	1 cup onion, coarsely chopped
2 cups carrots, sliced	

Heat water and bouillon in a large pot and bring to boil. Add potatoes and carrots to broth and simmer for 5 minutes. Add remaining ingredients, except tomatoes and continue cooking for 15 minutes over medium heat.

Remove 4 chunks of squash and puree in blender. Return pureed mixture to pot and let cook for 10 minutes more.

Add tomatoes and cook for another 5 minutes. Remove from flame and let sit for 10 minutes to allow stew to thicken.

Per serving: 119 calories, 1 g total fat (<1 g saturated fat), 0 mg cholesterol, 196 mg sodium