



**Yield: 4 servings**

**Ingredients**

- 2 cups diced onion
- 3 cups diced sweet potato\*
- 1 cup diced apple\*
- 2 tablespoons minced garlic
- 4 cups vegetable stock
- 15 ounces canned diced tomato
- 15 ounces canned pumpkin puree
- 1 teaspoon smoked paprika
- 1 teaspoon ground black pepper
- ½ teaspoon dried oregano
- ⅓ teaspoon cayenne (optional)
- 2 cups thinly sliced kale (including stems)
- 15 ounces canned cannellini beans, drained and rinsed
- 1 tablespoon diced fresh parsley

## Pumpkin Apple Stew

**Instructions**

1. In a large pot over medium heat, add onion and a tablespoon of water. Sauté until onion softens. Continue to add 1 tablespoon of water at a time, so the pan does not get dry.
2. Add the sweet potato, apple and garlic and cook for 1 minute.
3. Stir in: stock, tomato, pumpkin, paprika, pepper, oregano and cayenne. Simmer for 25 minutes, until potato is fork tender.
4. Stir in the kale, beans and parsley.

\*Leave peel on



**Nutrition Information** Serving Size: 2 cups | Total Recipe Yield: 9 cups

Calories: 311 | Total Fat: 1.7 g | Saturated Fat: 0.3 g | Monounsaturated Fat: 0.1 g | Polyunsaturated Fat: 0.2 g  
Sodium: 431 mg | Total Carbohydrate: 52 g | Dietary Fiber: 16 g | Sugars: 19 g | Protein: 13.4 g

Source: Recipe adapted from Sarah at Well and Full.

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