

# Potato, Vegetable and Bean Stew

Adapted from Academy of Nutrition and Dietetics

Gluten Free

Plant Based/Vegan

1 Tablespoon Olive oil  
1 cup chopped onions  
1 ½ teaspoons minced garlic (3 cloves)  
1 teaspoon dried basil  
1 teaspoon dried rosemary  
½ teaspoon dried thyme  
1 teaspoon ground sage  
1 Bay leaf  
1/8 teaspoon salt  
¼ teaspoon pepper  
4 cups water or no salt added vegetable stock. (less than 200 mg sodium/cup)  
2 cups sliced carrots  
3 cups cubed potatoes  
2 cans lower sodium butter beans or Great Northern Beans (Less than 140 mg sodium/svg), drained and rinsed.  
1/8 teaspoon hot sauce (optional)

1. In a large sauce pan, heat oil, then add onions, garlic and all of the herbs and spices. Saute 2-4 minutes.
2. Add water or stock, potatoes, carrots and beans and stir. Cover, increase heat to high and bring to a boil. Reduce heat to low and simmer for 20 – 30 minutes until vegetables are tender.
3. For a thicker and creamier stew, remove 3 cups of stew into a blender. Blend until smooth. Return to pot and stir in.

**Nutrition Facts** – Serving Size = 1 cup 7 servings per recipe

Calories 190; Total Fat 2 gm; Saturated fat 0 gm; Trans Fat 0 gm; Cholesterol 0 mg;  
Sodium 180 mg;

Potassium 870 mg; Carbohydrate 35 gm; Fiber 8 gm; Sugar (all natural) 4 gm; Protein 8 gm; Calcium 90 mg



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