

Mung Bean and Butternut Squash Stew

Yield: 7 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-and-split-moong-bean-recipe>

Ingredients:

- 1 cup mung beans split and hulled
- 1 tablespoon organic coconut oil or organic ghee, Indian clarified butter
- 1 onion peeled and diced
- 3 garlic cloves peeled and minced
- 1 tablespoon fresh ginger minced
- 1 serrano pepper seeded for a less spicy stew
- 6 cups turkey homemade, chicken or vegetable stock or water
- 2 cups butternut squash peeled, seeded and cubed, or peeled and diced white or sweet potato
- 2 carrots large, chopped
- 2 cups Swiss chard or collard greens, tough stems removed, and then chopped
- 3 teaspoons jaggery or brown sugar
- 3 teaspoons garam masala
- 1/2 teaspoon tumeric
- 1 can coconut milk organic unsweetened whole, optional
- 1/2 teaspoon sea salt or to taste, the amount of salt needed will depend on how salty your stock is

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 60 milligrams
4. Fat: 23 grams
5. Fiber: 4 grams
6. Protein: 20 grams
7. SaturatedFat: 15 grams
8. Sodium: 310 milligrams
9. Sugar: 6 grams

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