

BUCKWHEAT AND BUTTERNUT STEW

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (serving= 1 1/2 cup)

Nutrition (per serving)

Calories: 247

Total Fat: 4.5 g

Saturated Fat: 1 g

Sodium: 441 mg

Total Carbohydrate: 38 g

Dietary Fiber: 7 g

Protein: 12 g

Ingredients

- 1 medium white onion, finely diced
- 1 Tablespoon olive oil
- 2 garlic cloves, finely diced
- 1 cup uncooked buckwheat
- 6 cups unsalted chicken stock (choose gluten free for GF version)
- 2 cups peeled and cubed butternut squash
- 2 – 14.5 ounce cans no salt Hunt's® no salt added basil, garlic and oregano diced tomatoes with juice
- 1 Tablespoon chopped fresh thyme
- ½ Tablespoon chopped fresh oregano
- ½ teaspoon salt
- 3 cups coarsely chopped kale leaves, deboned
- 6 Tablespoons Parmesan cheese



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Directions

1. On medium heat, sauté onion in oil for 2 minutes or until softened. Add garlic and sauté an additional minute.
2. Stir in buckwheat, stock, squash, tomatoes, herbs and salt. Bring to boil.
3. Reduce heat to medium-low, cover and simmer until squash and buckwheat are tender, about 25 minutes.
4. Stir in kale and simmer for 2 minutes.
5. Top with 1 Tablespoon of Parmesan per serving.