

Veggin' Out Stew

Makes: 12 or 48 Servings

12 Servings

48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Water		4-1/2 cups		18 cups
Vegetable bouillon, made with water		1 cup		4 cups
White potatoes, chopped		1 cup		4 cups
Carrots, sliced		1 cup		4 cups
Summer squash, chopped		1 cup		8 ears fresh
Sweet corn, fresh OR canned	1-15 oz can	2 ears fresh	4-15 oz can	2 Tbsp
Thyme		1-1/2 tsp		8 cloves
Garlic, minced		2 cloves		4 stalks
Scallion, chopped		1 stalk		4 cups
Onion, chopped		1 cup		4 cups

Nutrition Information

Nutrients	Amount
Calories	46
Total Fat	N/A
Saturated Fat	N/A
Cholesterol	N/A
Sodium	124 mg
Total Carbohydrate	8 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Tomatoes, diced

1 cup

4 cups

Directions

1. Put water and bouillon in large pot and bring to a boil.
2. Add potatoes and carrots and simmer for 5 minutes.
3. Add remaining ingredients, except for tomatoes, and continue cooking for 25 minutes over medium heat.
4. Add tomatoes and cook for another 5 minutes.
5. Remove from heat and let sit for 10 minutes to allow stew to thicken.

Notes

Serving Tips:

This dish can be made in advance and frozen for later use.

Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care