



Healthy Eating: Caribbean-Style Swiss Chard and Butternut Squash Stew

Inspired by an earthy, spicy Caribbean stew that pairs the local callaloo leaves with squash in a rich, coconut-infused broth, this recipe is an amazing plant-based version. Swiss chard is a great alternative to replicate the earthy, slightly citrusy notes of the callaloo leaves. A combination of fresh chilies and cayenne pepper gives the stew a robust heat that balances the sweetness of the butternut squash. You can substitute delicate or carnival squash for the butternut if you prefer. To make this stew spicier, add the seeds from the chilies.

INGREDIENTS

- 2 tablespoons of olive oil
- 2 finely chopped onions
- ½ teaspoon of sea salt
- 4 minced garlic cloves
- 1 habanero or Scotch bonnet chili, stemmed, seeded and minced
- 1 teaspoon of minced thyme
- ¾ cups of vegetable broth
- 2 pounds of butternut squash, peeled, seeded, and cut into ½ -inch pieces (6 cups)
- 1 pound of Swiss chard, stemmed and cut into 1-inch pieces
- 1 cup of canned condensed coconut milk



INSTRUCTIONS

1. Heat oil in a Dutch oven over medium heat. Stir in the onions, scallions, and salt and cook until the vegetables are softened (approximately 5-7 minutes). Stir in the garlic, habanero pepper, thyme, and cayenne pepper and cook until fragrant (about 30 seconds).
2. Stir in the broth and squash, scraping up any browned bits, and bring to a boil. Reduce the heat to a gentle simmer and cook for 15 minutes. Stir in the chard and continue to simmer until the squash and chard are tender (approximately 15 minutes). Stir in the coconut milk and bring to a brief simmer.



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3. Process 2 cups of the stew in a food processor or blender until smooth (about 45 seconds) and then return the mix to your Dutch oven. Season to taste with salt and serve.



Servings: 4

Calories: 310 calories

Total Carbs: 35 grams

Recipe Credit: "The Complete Plant-Based Cookbook" (America's Test Kitchen)

For additional information, email the DCPAS Work-Life Branch at: Dodhra.mc-alex.dcpas.mbx.dod-worklife@mail.mil

