



Elliott Evans Nutrition, LLC
Prevent and Protect
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PUMPKIN WITH WHITE BEANS

WholeLiving.com

1. Place 8 ounces (about 1 ½ cups) dry white beans in a medium saucepan and cover with about 2 inches of water. Bring to a boil; remove from heat and let stand for 1 hour. Then drain and rinse.
2. In a stockpot over medium-high heat, warm 4 teaspoons extra-virgin olive oil. Add 1 large minced onion (about 2 cups), 1 tablespoon minced garlic, 1 sliced Serrano chile, and ¼ tsp kosher salt. Sauté until onion is translucent, about 5 minutes. Stir in ¼ teaspoon hot or sweet paprika and 1 tablespoon tomato paste, cook for 1 minute. Add beans, 3 cups chicken stock or water, and 15 sprigs cilantro. Bring to a boil. Reduce heat to low and simmer, partially covered, for about 35 minutes.
3. Peel, seed, and cut half a small sugar pumpkin into 1 inch chunks (about 4 cups). Add pumpkin to bean mixture, plus additional stock or water to cover, and simmer, partially covered, until tender – about 25 minutes more.
4. Remove and discard cilantro. Serve immediately.

Serves 8.

Per Serving: 207 calories, 1 g saturated fat; 1 g unsaturated fat; 0 mg cholesterol; 33 g carb; 112 mg sodium; 12 g protein, 7g fiber.