



VERY VEGGIE STEW

Advanced Lifestyle

Ingredients

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| 1-1/2 cups fat-free vegetable broth | 1 TBS chopped garlic |
| 1 cup canned chick peas, drained | 1 TSP extra-virgin olive oil |
| 1 6-oz. can tomato paste | 1 TSP dried basil |
| 1 eggplant, peeled and cut into ½-inch cubes | 1/3 TSP cinnamon |
| 1 tomato, coarsely chopped | 1/4 TSP salt |
| 2 cups coarsely chopped zucchini | 1/8 TSP paprika |
| 1 cup coarsely chopped carrot | 1/8 TSP ground ginger |
| 1 cup cubed butternut squash | 1 no-calorie sweetener (such as Splenda) |
| 1 cup chopped onion | |

Instructions

1. Place all the veggies and the chick peas in your crock pot.
2. In a medium bowl, combine broth, tomato paste, garlic, olive oil, basil, cinnamon, salt, paprika, ginger and sweetener. Mix well and pour evenly over the contents of the crock pot. Gently stir to allow the sauce to coat the veggies.
3. Cover and cook on High for 4 hours. (Or, cover and cook on Low for 7 to 8 hours.)

Portion-Per-Serving Information: (Yields 4 servings): 1 serving = 1-3/4 cups = 1 P