

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



DR. SINATRA'S

SPICY VEGETABLE STEW

This fiber-filled stew is great as a hearty lunch or dinner side to [accompany a lean protein](#) of your choice, such as organic chicken or wild caught [fish](#). Why is it so healthy? First, the [onions and garlic](#) in it are cardio-protective; high in [antioxidant](#) flavonoids, they can help reduce [blood pressure](#) and decrease levels of unhealthy fats in the blood. Summer squashes contain health-promoting [carotenoids](#) like [lutein](#) and zeaxanthin, as well as vitamins C and B6. The chick peas (also known as garbanzo beans) in this stew are not only a fantastic source of insoluble fiber, but they are full of folate, minerals and protein. The bell peppers are alkalizing, which means that they can help normalize blood acidity, and the tomatoes in this stew contain lycopene, an antioxidant carotenoid which helps protect against prostate cancer.

- 1 medium onion, chopped
- 3 to 4 teaspoons chopped fresh garlic
- 2 Tbsp extra virgin olive oil
- 2 to 3 organic carrots, peeled and chopped
- 2 to 3 medium organic zucchini squashes
- 2 to 3 medium organic yellow squashes
- 2 organic bell peppers, chopped - any color
- 1 15 to 16 oz can or box of chopped tomatoes; or 4 to 5 fresh tomatoes, chopped
- 1 15 oz can chick peas, drained and rinsed; or 2 cups cooked chick peas
- 1 ½ cups filtered water
- ½ teaspoon sea salt
- ¼ teaspoon each of black pepper and chili powder
- Cayenne pepper, to taste
- 1 teaspoon cumin
- 3 to 4 Tbsp fresh cilantro, chopped (optional)
- 3 to 4 Tbsp grated organic cheddar cheese (optional)

In a large saucepan, cook the onion and garlic in olive oil over medium-low heat, stirring occasionally until the onion becomes translucent – about 5 to 7 minutes. Add the carrots, summer squashes and bell peppers and sauté over medium heat, stirring every so often until the vegetables become tender, approximately 10 to 15 minutes. Add the tomatoes (including the juice if using the canned or boxed variety), chick peas, water, salt, pepper and all spices except cayenne pepper and cilantro. Briefly bring mixture to a boil, then cover and simmer on low heat for 15 to 20 minutes to let flavors meld. Taste stew and adjust seasonings to taste; add cayenne if you wish. Ladle into bowls and garnish with grated cheese and/or chopped cilantro, if using. Serves 6 to 8 (freeze or refrigerate extras).