

# BUCKWHEAT AND BUTTERNUT STEW

Buckwheat and Butternut Stew

*Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 6 (serving= 1 1/2 cup)*

## Nutrition (per serving)

Calories: 247	Total Carbohydrate: 38
Total Fat: 4.5 g	Dietary Fiber: 7 g
Saturated Fat: 1 g	Protein: 12 g
Sodium: 441 mg	

## Ingredients

- 1 medium white onion, finely diced
- 1 Tablespoon olive oil
- 2 garlic cloves, finely diced
- 1 cup uncooked buckwheat
- 6 cups unsalted chicken stock (choose gluten free for GF version)
- 2 cups peeled and cubed butternut squash
- 2 - 14.5 ounce cans no salt Hunt's® no salt added basil, garlic and oregano diced tomatoes with juice
- 1 Tablespoon chopped fresh thyme
- ½ Tablespoon chopped fresh oregano
- ½ teaspoon salt
- 3 cups coarsely chopped kale leaves, deboned
- 6 Tablespoons Parmesan cheese

## Directions

1. On medium heat, sauté onion in oil for 2 minutes or until softened. Add garlic and sauté an additional minute.
2. Stir in buckwheat, stock, squash, tomatoes, herbs and salt. Bring to boil.
3. Reduce heat to medium-low, cover and simmer until squash and buckwheat are tender, about 25 minutes.
4. Stir in kale and simmer for 2 minutes.
5. Top with 1 Tablespoon of Parmesan per serving.