

Pumpkin, Sweet Potato and White Bean Stew (Slow Cooker)



Serves	6
Prep time	20 minutes
Cook time	6 hours
Total time	6 hours, 20 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Main Dish
Misc	Child Friendly , Freezable , Pre-preparable , Slow Cooker

Ingredients

- 1 tablespoon sunflower oil
- 1/2 Medium leek (finely chopped)
- 500g sweet potato (peeled and cut into chunks)
- 500g butternut / squash pumpkin (peeled and cut into chunks)
- 2 Small Golden or Red Delicious apples (peeled, cored and diced)
- 1 can cannellini beans (400g, rinsed and drained)
- 1/2 cup syrup from pears in syrup
- 3 cups home made chicken or vegetable stock (Refer to Basics page)
- Extra water
- Salt
- 1 teaspoon crushed garlic

Directions

1. Heat the oil in a large saucepan and add the garlic and leek. Cook on low for a few minutes until the leek becomes soft.
2. Add the sweet potato and a pinch of salt and cook for 5 minutes over medium heat. Add the pumpkin and apple and cook for another 5 minutes.
3. Transfer the vegetables and apple to the slow cooker and add the stock, syrup and beans. Add extra water to ensure that the vegetables are covered.
4. Cook on low for 6 to 8 hours
5. Serve with rice, cous cous or pasta.

Note

Moderate Salicylates, Low Glutamates, Low Amines

For home made stock recipes refer to the [basics page](#).

If you don't have a slow cooker you can cook this stew in the saucepan on a low heat for about 40 minutes.