



Root Vegetables and Red Bean Stew



Serving

4, 1 ½ – cup servings



Prep

15 Minutes



Cook

35 Minutes



Contributer

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- 3 Medium potatoes, peeled and cut into cubes
- 2 Medium carrots, peeled and cut into cubes
- 2 Medium beets, peeled and cut into cubes
- 1 cup Canned red bean, drained and rinsed (250 mL)
- 1 tbsp Shallot, chopped
- ¼ cup Coriander, garnish (optional)
- 2 cups Low sodium vegetable or chicken broth (750 mL)
- 2 tsp Fish sauce
- ¼ tsp Black pepper
- 2 tsp Olive oil

1. In a large pot, heat up vegetable cooking oil on medium heat. Add the chopped shallot and stir until fragrant. Add the diced vegetables and sauté for 5 minutes.
2. Add 2 cups of low sodium broth and 3 cups of water and bring to a boil. Reduce the heat to low, cover the pot with a lid and simmer until the root vegetables are fork tender, about 20–25 minutes.
3. Once the vegetables are fork tender, add in the red bean and fish sauce. Stir to mix everything and keep on low heat for another 2–3 minutes. Add black pepper to taste and garnish with coriander. Serve hot.



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

