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Pepper, Tomato, and Potato Stew ♦

This hearty stew combines the flavors of peppers, tomatoes, and potatoes to create a delicious and satisfying meal. It is a vegetarian recipe that can be enjoyed by everyone.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

250 g	Peppers
500 g	Tomatoes
500 g	potatoes

Directions

Step 1

Cut

Chop the peppers, tomatoes, and potatoes into small pieces.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Stove

In a large pot, heat some oil and add the chopped vegetables. Cook for 5 minutes until softened.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

Add vegetable broth and seasonings to the pot. Bring to a boil and then reduce heat to simmer for 15 minutes.

Prep Time: 5 mins

Cook Time: 15 mins

Step 4

Serving

Serve the stew hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 5 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Italian Indian Mediterranean American Middle Eastern

Nutritional Content

High Protein Low Fat Low Carb High Fiber Low Sodium Sugar-Free

High Vitamin C High Iron High Calcium

Course

Appetizers Salads Soups

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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