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VERY VEGGIE STEW	Advanced Lifestyle
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Ingredients

- 1-1/2 cups fat-free vegetable broth
- 1 cup canned chick peas, drained
- 1 6-oz. can tomato paste
- 1 eggplant, peeled and cut into ½-inch cubes
- 1 tomato, coarsely chopped
- 2 cups coarsely chopped zucchini
- 1 cup coarsely chopped carrot
- 1 cup cubed butternut squash
- 1 cup chopped onion
- 1 TBS chopped garlic
- 1 TSP extra-virgin olive oil
- 1 TSP dried basil
- 1/3 TSP cinnamon
- 1/4 TSP salt
- 1/8 TSP paprika
- 1/8 TSP ground ginger
- 1 no-calorie sweetener (such as Splenda)

Instructions

1. Place all the veggies and the chick peas in your crock pot.
2. In a medium bowl, combine broth, tomato paste, garlic, olive oil, basil, cinnamon, salt, paprika, ginger and sweetener. Mix well and pour evenly over the contents of the crock pot. Gently stir to allow the sauce to coat the veggies.
3. Cover and cook on High for 4 hours. (Or, cover and cook on Low for 7 to 8 hours.)

Portion-Per-Serving Information: (Yields 4 servings): 1 serving = 1-3/4 cups = 1 P