PERUVIAN · LUNCH · DINNER

Locro de Zapallo (Peruvian Squash and Bean Stew)

55 min · Serves 6 · 429 kcal a serve · Video 4:16 · MIKUYMAN COCINA

Vegetarian · Gluten-free ingredients · No nuts listed

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Squash, potatoes, peas and fava beans give each serve about 16 g of fibre and 18 g of protein, more than a day's vitamin A, and only about 10 g of fat.

Diet notes: Low saturated fat (3.8 g, 8% of the energy); DASH-friendly (240 mg sodium a serve).

Ingredients 11 · SERVES 6

- [ ] 20 ml (about 1½ tbsp) **olive oil**
- [ ] 1 **red onion**, diced
- [ ] 1 tbsp **garlic paste**
- [ ] 1 kg **pumpkin or squash** (zapallo), peeled and diced
- [ ] 1 sprig **huacatay** (Peruvian black mint), plus a little chopped (optional)
- [ ] 1 **ear of corn**, sliced into rounds or kernels
- [ ] 4 **potatoes** (2 white, 2 yellow), cubed
- [ ] 500 g **fresh green peas**
- [ ] 500 g **fresh fava beans** (habas), double-shelled
- [ ] 150 g **queso fresco** (fresh cheese), diced
- [ ] 1 sprig **parsley**, chopped

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the olive oil in a large pot and cook the diced onion over medium heat for 2 minutes. Add the garlic paste and cook 3 minutes more, stirring now and then. 0:12
2. Add the squash, the huacatay sprig, the corn and the potatoes. Stir well, cover and cook over low heat for 25 minutes; the squash breaks down into a thick sauce. 1:32
3. Remove the huacatay sprig, add the peas and the shelled fava beans, cover and cook 10 minutes more. 2:21
4. Stir in the queso fresco with the chopped parsley and a little chopped huacatay. Turn off the heat, cover and rest 5 minutes before serving. 3:19

> **Tip** Serves 4–6. The video plates it with white rice and a fried egg, the usual Peruvian way. No huacatay? Use coriander or leave it out. Farmer's cheese or feta can replace queso fresco (both saltier).

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
429 kcal	19 g	71 g	16 g	10 g	240 mg
1,790 kJ	37% of a day	55 g net · 13 g sugars	59% of a day	3.8 g saturated	11% of a day
		26% of a day		13% of a day	

Energy from net carbs 57% · protein 20% · fat 23%

High in (20%+ of a day) Vitamin A 115% · Vitamin C 77% · Vitamin B6 49% · Folate 44% · Magnesium 37% · Vitamin K 35% · Potassium 34% · Iron 28% · Zinc 26% · Calcium 21%

Source of (10–19%) Vitamin E 19% · Omega-3 19% · Vitamin B12 18% · Selenium 16%

Recipe and video: MIKUYMAN COCINA (@mikuyman) on YouTube — youtube.com/watch?v=NdNXYEOY6CU, published 20 November 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/locro-de-zapallo-peruvian-squash-stew