

Hearty Squash Stew

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1 [HMR® Five-Bean Casserole Entree](#)

½ acorn squash (or 1½ cups other winter squash, such as butternut, cooked)

½ fresh avocado, diced

1 small fresh tomato, diced

Dollop of low-fat sour cream

1. To cook acorn squash in the microwave, poke several holes in the skin.
2. Place on microwave-safe plate.
3. Cook for 9 minutes. When cooled, remove seeds. Scrape squash from the skin and set aside.
4. Heat entree.
5. Pour entree over squash.
6. Top with avocado and tomato.
7. Mix in sour cream.
8. Add salt and pepper to taste.

Note: HMR Five-Bean Casserole Entree counts as one vegetable serving.

Calories: 520

Vegetable Servings: 4

Try These Other Veggie

Mix-ins: Sweet potato, broccoli, corn, or your favorite vegetables