

VYP

Vary Your Protein Recipe Series

Recipe Category: Hot Main Dish

Hearty Winter Stew

Yield: 2 servings, about 1 cup each

- 1 teaspoon vegetable cooking oil
 - 2 tablespoons chopped onion
 - 1 clove of garlic, minced
 - 1 cup reduced-sodium chicken broth
 - 1 cup water
 - 1/4 cup chopped celery
 - 1/4 cup peeled and diced carrots, sweet potato, or butternut or acorn squash
 - 2 tablespoons cubed white potato or parsnip
 - 6 Brussels sprouts, halved
 - 1 teaspoon dried parsley leaves
 - 1/2 teaspoon dried oregano or marjoram
 - 1/8 teaspoon ground black pepper
 - 1/8 teaspoon crushed red pepper flakes, if desired
 - 2 tablespoons rolled oats
 - 1/2 cup of any kind of cooked chopped poultry or meat, without skin or bones and trimmed of fat, or shelled and deveined shrimp, or lobster-flavored or crab-flavored surimi
 - 1/2 cup cooked dry beans or lentils, any kind (such as kidney, pinto, great northern, or black), cooked without salt, rinsed and drained
 - 1/2 cup chopped spinach, collard greens or kale (fresh or frozen)
1. Wash your hands and work area.
 2. Warm oil in a saucepan over medium heat. Add chopped onion and garlic. Cook for several minutes until softened, stirring occasionally.

(continued on reverse side)



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Research and Extension

*Meal suggestion:
Serve with pears,
whole grain rolls and
low-fat milk.*

*This colorful and
comforting lean main
dish is an excellent
source of vitamin A,
vitamin C and dietary
fiber, and is a good
source of iron.*

Nutrition Facts

Serving Size 1 cup (446g)
Servings Per Container 2

Amount Per Serving

Calories 220 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 360mg **15%**

Total Carbohydrate 24g **8%**

Dietary Fiber 7g **28%**

Sugars 4g

Protein 20g

Vitamin A 80% • Vitamin C 100%

Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

*1 1/2 carbohydrate
choices per serving.*

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS**. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Jan. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.

Hearty Winter Stew *(Continued)*

3. Add chicken broth, water, celery, orange vegetable, white vegetable, Brussels sprouts, parsley, oregano or marjoram, black pepper and dried red pepper.
4. Cover and boil gently for 10 minutes. Stir occasionally.
5. Add rolled oats. Continue to boil gently for 5 to 10 minutes, until thickened and vegetables are tender.
6. Stir in cooked meat and cooked dry beans. Continue to cook until beans are hot.
7. Add spinach, collards or kale and cook just until hot and tender.
8. Cover and refrigerate leftovers within two hours. Or, if desired, freeze soup in a moisture-proof container.