

# Healthy Stews



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## Chalupa (Mexican Stew) Recipe

Prep: 15 min. Cook: 40 min.

Yield: 16 Servings (4 quarts)

### Ingredients

- 1 bone-in pork loin roast (3 pounds), trimmed
- 1 package (16 ounces) dried pinto beans, soaked overnight
- 4 to 5 cloves garlic, minced
- 2 tablespoons chili powder
- 1 to 1-1/2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 2 cans (4 ounces each) chopped green chilies
- Pepper to taste
- 5 medium carrots, sliced
- 4 celery ribs, sliced
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 3 small zucchini, sliced
- Flour tortillas, warmed



### Directions

In a stockpot, combine the first eight ingredients. Cover with water. Bring to a boil. Reduce heat to low; cover and cook for 3 to 4 hours or until meat and beans are tender.

Cool slightly; remove meat from bones. Cut or shred meat into bite-size pieces; return meat to pan. Add the carrots, celery and tomatoes; cover and cook until vegetables are tender. During the last 10 minutes of cooking, add zucchini. Serve with warmed flour tortillas.

**Nutritional Analysis:** One serving (1 cup) equals 1-1/2 starches, 1-1/2 meats, 1 vegetable; 253 calories, 11 mg sodium, 41 mg cholesterol, 26 gm carbohydrate, 22 gm protein, 7 gm fat.

[www.tasteofhome.com/Recipes/Chalupa--Mexican-Stew-](http://www.tasteofhome.com/Recipes/Chalupa--Mexican-Stew-)

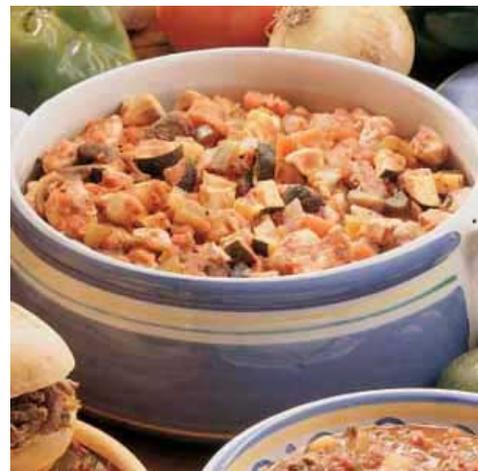
## Chicken Mushroom Stew

Prep: 20 min. Cook: 4 hours

Yield: 6 Servings

### Ingredients

- 6 boneless skinless chicken breast halves (4 ounces each)
- 2 tablespoons canola oil, divided
- 8 ounces fresh mushrooms, sliced
- 1 medium onion, diced
- 3 cups diced zucchini
- 1 cup chopped green pepper
- 4 garlic cloves, minced
- 3 medium tomatoes, chopped
- 1 can (6 ounces) tomato paste



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- 3/4 cup water
- 2 teaspoons each dried thyme, oregano, marjoram, and basil

### Directions

Cut chicken into 1-in. cubes; brown in 1 tablespoon oil in a large skillet. Transfer to a 3-qt. slow cooker. In the same skillet, sauté the mushrooms, onion, zucchini and green pepper in remaining oil until crisp-tender; add garlic; cook 1 minute longer.

Place in slow cooker. Add the tomatoes, tomato paste, water and seasonings. Cover and cook on low for 4-5 hours or until the meat is no longer pink and vegetables are tender.

**Nutritional Analysis:** One 1-1/3-cup serving (prepared with no-salt added tomato paste and without salt) equals 274 calories, 9 g fat (0 saturated fat), 84 mg cholesterol, 102 mg sodium, 16 g carbohydrate, 0 fiber, 34 g protein. Diabetic Exchanges: 3 lean meat, 1 vegetable, 1 fat, 1/2 starch

[www.tasteofhome.com/Recipes/Chicken-Mushroom-Stew](http://www.tasteofhome.com/Recipes/Chicken-Mushroom-Stew)

## Pumpkin Vegetable Stew

Prep: 20 min. Cook: 40 min.

Yield: 6 Servings (2 quarts)

### Ingredients

- 4 cups cubed peeled pumpkin or winter squash
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1/2 cup chicken broth
- 2 cups fresh cut green beans (1-inch pieces)
- 1 cup fresh or frozen corn
- 1/2 cup sliced onion
- 1/2 cup chopped green pepper
- 1 garlic clove, minced
- 1/2 teaspoon chili powder
- 1/4 teaspoon pepper



### Directions

In a large saucepan, combine all the ingredients. Bring to a boil. Reduce heat; cover and simmer for 40-45 minutes or until the vegetables are tender.

**Nutritional Analysis:** One serving (prepared with low-sodium broth) equals 1 starch, 1 vegetable; 83 calories, 109 mg sodium, trace cholesterol, 20 gm carbohydrate, 4 gm protein, 1 gm fat.

[www.tasteofhome.com/Recipes/Pumpkin-Vegetable-Stew](http://www.tasteofhome.com/Recipes/Pumpkin-Vegetable-Stew)

## Mexican Pork Stew

Prep: 25 min. Cook: 40 min.

Yield: 10 Servings

### Ingredients

- 2-1/2 pounds lean boneless pork, cut into 1-inch cubes
- 1 garlic clove, minced

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- 1 cup chopped onion
- 1 can (14-1/2 ounces) no-salt-added diced tomatoes, undrained
- 1 to 2 cans (4 ounces each) chopped green chilies
- 1 tablespoon minced fresh cilantro
- 2 teaspoons dried oregano
- 2 bay leaves
- 1 tablespoon cornstarch
- 1 tablespoon water



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### Directions

In a large skillet that has been coated with cooking spray, brown pork and garlic. Add onion, sauté until tender. Stir in tomatoes, chilies, cilantro, oregano and bay leaves; cover and simmer for 40 minutes or until pork is tender and no longer pink.

In a bowl, combine cornstarch and water until smooth; stir into skillet. Bring to a boil. Cook and stir for 2 minutes or until thickened. Discard bay leaves.

**Nutritional Analysis:** One 1/2-cup serving equals 199 calories, 9 g fat (0 saturated fat), 69 mg cholesterol, 97 mg sodium, 5 g carbohydrate, 0 fiber, 25 g protein. Diabetic Exchanges: 3 lean meat, 1 vegetable.

[www.tasteofhome.com/Recipes/Mexican-Pork-Stew](http://www.tasteofhome.com/Recipes/Mexican-Pork-Stew)

## Low-Fat Beef Stew

Prep: 20 min. Cook: 40 min.

Yield: 8 Servings

### Ingredients

- 1 pound beef top round steak, trimmed and cubed
- 1 teaspoon canola oil
- 1 can (14-1/2 ounces) no-salt-added diced tomatoes, undrained
- 1 cup water
- 1 teaspoon sugar
- 1/2 teaspoon Worcestershire sauce
- 1/2 teaspoon dried thyme
- 1/4 teaspoon pepper
- 1 bay leaf
- 4 medium carrots, cut into 3-inch chunks
- 4 medium potatoes, peeled and halved
- 1 cup frozen peas



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### Directions

In a Dutch oven, brown beef in oil. Add the next seven ingredients; cook over medium heat for 10 minutes. Add carrots and potatoes; cover and simmer until the vegetables are tender, about 30 minutes. Discard bay leaf. Stir in peas; heat through.

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**Nutritional Analysis:** One 1-cup serving equals 159 calories, 5 g fat (0 saturated fat), 38 mg cholesterol, 70 mg sodium, 20 g carbohydrate, 0 fiber, 16 g protein. Diabetic Exchanges: 1-1/2 lean meat, 1 starch, 1 vegetable.

[www.tasteofhome.com/Recipes/Low-Fat-Beef-Stew](http://www.tasteofhome.com/Recipes/Low-Fat-Beef-Stew)

## Moroccan Lentil Soup/Stew

1 1/2 cups low fat "hearty stew"

### Ingredients

- 1 large onion, chopped (about 1 1/2 cups)
- 1 tablespoon minced garlic
- 1 teaspoon minced fresh ginger (or 1/2 teaspoon ground dried ginger)
- 1 tablespoon olive or canola oil
- 6 cups low-sodium chicken or beef broth (water can also be used)
- 1 1/2 cups red lentils, dried
- 15-ounce can garbanzo beans, rinsed and drained
- 14.5-ounce can diced tomatoes (tomatoes and any juice), low sodium if available
- 3/4 cup diced carrots
- 3/4 cup chopped celery (about 3 medium stalks)
- 1 teaspoon garam masala (a spice blend)
- 1 1/2 teaspoons ground cardamom
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon ground cumin
- 6 tablespoons fat-free sour cream (optional garnish)



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### Directions

Add onions, garlic, ginger and olive to a large nonstick saucepan and cook over medium-high heat, stirring often (about 7 minutes). Add the broth, lentils, garbanzo beans, diced tomatoes, carrots, celery, garam masala, cardamom, cayenne pepper, and cumin.

Bring stew to a boil, then lower heat to simmer, cover saucepan, and continue to cook until lentils are soft (about 1 to 1 1/2 hours.)

Ladle about a third to a half of the soup into a large food processor or blender and pulse to briefly puree. Pour soup puree back into the pot and stir. Serve each bowl with a dollop of fat-free sour cream, if desired.

[www.webmd.com/food-recipes/features/healthy-low-fat-soup-recipes-tips?page=2](http://www.webmd.com/food-recipes/features/healthy-low-fat-soup-recipes-tips?page=2)

## Venison Stew

10 Servings

### Ingredients

- 1 lb venison, cut in 1 inch chunks
- 4 medium potatoes, peeled and cut in 1 inch chunks
- 1 small onion, chopped in large pieces
- 1/2 lb fresh mushrooms, whole
- 1 cup carrot, cut in lengths of about 2 inches
- 2 (10 ounce) cans beef broth
- 1 cup water
- 1/2 cup flour
- 1/4 teaspoon garlic powder
- 1/8 teaspoon oregano
- salt and pepper



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### Directions

In a medium frying pan, fry venison and onion, just enough to sear the outside of the meat.

Put all ingredients, except the flour, salt and pepper in a slow cooker or crock pot.

Allow to cook on high for about 5 hours.

Add flour and salt and pepper to taste.

Cook for another 5-7 hours on low.

You can leave it on low for several hours over and above the cooking time, which will allow the stew to become thicker and the meat more tender to your personal liking.

**Nutritional Analysis:** Calories 159.3, Calories from Fat 13, Total Fat 1.4 g, Saturated Fat 0.5 g, Cholesterol 38.0 mg, Sodium 245.5 mg, Total Carbohydrate 22.3 g, Dietary Fiber 2.7 g, Sugars 2.0 g, Protein 14.2 g

[www.food.com/recipe/venison-stew-12044](http://www.food.com/recipe/venison-stew-12044)

## Israeli Rice and Lentil Stew with Cumin and Garlic

### Ingredients

- 1 cup lentils
- 2 cups water or 2 cups vegetable broth
- 3 tablespoons vegetable oil
- 2 large onions, chopped
- 3 cloves garlic, chopped
- 1 teaspoon ground cumin
- 1 1/2 cups long-grain rice
- salt
- freshly ground black pepper
- 2 tablespoons chopped parsley (optional)



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### Directions:

Sort the lentils carefully, discarding any stones.

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Rinse lentils, then combine with the water in a large saucepan.

Bring to a boil, cover and cook over medium heat about 20 minutes or until the lentils are just tender.

Drain the liquid into a measuring cup, leaving the lentils in the pan and add enough water to make 3 cups.

In a heavy skillet, heat the vegetable oil over medium heat.

Add the onions and saute, stirring occasionally, until they are well browned, about 15 minutes.

Add the garlic and cumin and saute 30 seconds; reserve.

Add reserved lentil cooking liquid to pan of lentils and bring to a boil.

Add salt and rice and return to a boil.

Add the onion mixture.

Cover, reduce heat to low, and cook, without stirring, until the rice is tender, about 20 minutes. Fluff gently with a fork.

Season to taste with salt and pepper and lightly stir in parsley if desired.

Serve hot.

**Nutritional Analysis:** Calories 366.4, Calories from Fat 68, Total Fat 7.5 g, Saturated Fat 1.0 g, Cholesterol 0.0 mg, Sodium 8.1 mg, Total Carbohydrate 61.9 g, Dietary Fiber 11.1 g, Sugars 2.8 g, Protein 12.1 g

[www.food.com/recipe/israeli-rice-and-lentil-stew-with-cumin-and-garlic-13445](http://www.food.com/recipe/israeli-rice-and-lentil-stew-with-cumin-and-garlic-13445)

## Mediterranean Lentil Stew

Modified recipe

Prep: 25min, Cook: 6hr 40min, Total: 7hr 5min

Yield: 6 servings

### Ingredients

- 4 cups (*low sodium*) vegetable broth
- 1 pound dry lentils, rinsed and drained
- 3/4 cup prechopped onion
- 3/4 cup bagged baby carrots, quartered
- 3/4 cup prechopped celery
- 1/4 cup olive oil (preferably extra-virgin)
- 1 1/2 tablespoons preminced oil-packed garlic
- 1 1/2 teaspoons italian seasoning (*without salt*)
- 1/2 teaspoon ground black pepper
- balsamic vinegar
- pregrated Romano cheese



### Directions

Coat the inside of a 3 1/2-quart slow cooker pot with cooking spray.

Add the broth, lentils, onion, carrots, celery, oil, garlic, Italian seasoning, pepper, and salt to the pot. Stir to combine. Cover and cook on the low-heat setting for 7 to 8 hours.

Drizzle each serving with vinegar and sprinkle with cheese to taste.

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Note: Mediterranean Lentil Stew can be cooked on the high-heat setting for 3 1/2 to 4 hours.

**Nutritional Information** per serving: Calories 388.6 cal, Fat 10.8 g, Saturated fat 1.5 g, Carbohydrates 51.6 g, Total sugars 3.4 g, Dietary fiber 24.1 g, Protein 21.4 g

<http://recipes.prevention.com/Recipe/mediterranean-lentil-stew.aspx>

**WOW Note:** *Due to the high sodium content of the original recipe, the ¼ teaspoon salt has been removed, and “low sodium” and “without salt” notations have been added to the above adaptation.*

## Layne’s Mediterranean Stew

Yield: 5 servings

### Ingredients

- 2 teaspoons extra virgin olive oil
- 1 medium red onion, chopped
- 2 medium carrots, diced
- 3 plum tomatoes, chopped
- 5 ounces fresh baby spinach
- 2 cups Water
- 1 cup uncooked whole wheat couscous
- 26 ounces Strained Tomatoes
- 15 ounces g) (15 ounces) organic chic peas
- 1 tablespoon minced fresh basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon freshly ground black pepper
- 3 tablespoons fresh lemon juice



### Directions

In a large saucepan, on medium heat, sauté onions in olive oil until soft. Lower heat and add carrots and tomatoes; cook for 3-5 minutes. Add spinach, then water, couscous and strained tomatoes. Stir, and then add chick peas, basil, oregano, black pepper and lemon juice. Simmer, uncovered, for 10-15 minutes. Sprinkle with cheese.

**Nutritional Analysis:** Calories 316, Calories from Fat 42, Total Fat 4.7g, Saturated Fat 0.3g, *Trans* Fat 0.0g, Cholesterol 0mg, Sodium 143mg, Total Carbohydrates 61.0g, Dietary Fiber 10.6g, Sugars 14.5g, Protein 14.0g

<http://caloriecount.about.com/laynes-mediterranean-stew-worldrd-recipe-r1198370>

## Garlicky White Bean & Kale Stew

Serves 3-4

### Ingredients

- Knob of coconut oil or ghee
- 2 medium onions
- 6 cloves garlic
- 1 teaspoon smoked paprika (optional, but really delicious)
- 5 bay leaves



\* Photos are for illustration only and do not necessarily reflect exact recipe ingredients. Not all photos were associated with the original recipes.

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- Pinch chili flakes
- Sea salt
- Cracked black pepper
- 2- 2 ½ cups cooked white beans (lima, butter, navy, cannellini...)
- 2 cups packed shredded kale leaves
- 2 cups vegetable broth
- 1 can (14 oz.) organic whole tomatoes
- Cold-pressed olive oil to garnish

### Directions

Heat a knob of oil in a large stockpot. Slice onions and add to the pot with a couple pinches sea salt, chili, bay leaves and paprika. Cook for a few minutes until the onions have softened, then add sliced garlic. If the pot becomes dry, add a little juice from the tinned tomatoes.

Add all other ingredients, bring to a boil, season to taste, and serve with a drizzle of olive oil (since everything is cooked, you don't need to heat it long). If you are going to let it simmer for a while, add the kale about 5-10 minutes before serving so that it retains more of its nutritional value.

<http://wholelivingdaily.wholeliving.com/2012/12/meatless-monday-garlicky-white-bean-stew.html>

*WOW Note: use low sodium broth and tomatoes to limit sodium content in this recipe.*

Read about coconut oil: [www.mayoclinic.com/health/coconut-oil-and-weight-loss/AN01899](http://www.mayoclinic.com/health/coconut-oil-and-weight-loss/AN01899)

Read about ghee: [www.ncbi.nlm.nih.gov/pmc/articles/PMC3215354/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3215354/)

## Rustic Shrimp Stew

Prep Time: 10 minutes

Total Time: 40 minutes

Yield: 4 servings

### Ingredients

- 2 tablespoons olive oil
- 1 pound Yukon gold potatoes, scrubbed, halved, and thinly sliced
- 2 carrots, thinly sliced
- 2 garlic cloves, thinly sliced
- 1 medium onion, quartered and sliced crosswise
- 2 links (3 ounces) each fully cooked Italian-style chicken sausage, halved lengthwise, thinly sliced
- 1/4 teaspoon cayenne pepper
- Coarse salt and ground pepper
- 2 tablespoons all-purpose flour
- 1 3/4 cup reduced-sodium chicken broth
- 1 pound shrimp, peeled and deveined
- 1/2 cup parsley leaves, chopped



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### Directions

In a 5-quart Dutch oven or heavy pot, heat oil over medium. Add potatoes, carrots, garlic, onion, sausage, and cayenne; season with salt and pepper. Cook, stirring occasionally, until potatoes are crisp-tender, 15 to 17 minutes.

Sprinkle flour over potatoes and vegetables. Stir in broth and 1/4 cup water; bring to a boil. Cook until potatoes are tender, about 5 minutes more. Top mixture with shrimp. Cover and simmer 3 to 4 minutes until shrimp are opaque throughout. Remove from heat and stir in parsley.

Cook's Note: When buying shrimp, avoid varieties imported from overseas, due to pollution and habitat loss. Instead, look for wild-caught or farmed options from the United States and Canada.

[www.wholeliving.com/133175/rustic-shrimp-stew](http://www.wholeliving.com/133175/rustic-shrimp-stew)

## Mediterranean Vegetable Stew

- 1 Tbsp. olive oil
- 1 large onion, chopped
- 1 cup low-sodium vegetable broth (low-sodium chicken broth may be substituted for a non-vegetarian dish)
- 1/2 tsp. chili powder, or to taste
- 1/4 tsp. ground cloves
- 1 tsp. cumin
- 1/2 tsp. cinnamon
- 1/2 tsp. ground paprika
- 1/2 tsp. ground turmeric
- 1/2 tsp. ground cardamom (or substitute 1 1/2 Tbsp. curry powder for spices from chili powder through cardamom)
- 1 lb. (2 cups diced) small butternut squash, peeled, seeded, cut into 1/2" cubes
- 1/4 cup raisins
- 2 carrots, cut into 1/4 inch slices
- 3 cloves garlic, minced
- 1 large zucchini, halved lengthwise, cut into 1/4" slices
- 1 (15-oz) can garbanzos, drained
- 1/4 cup pitted black olives, halved
- 3/4 tsp. salt
- 1/2 tsp. white or black pepper
- 1/4 cup chopped fresh parsley, divided
- 1-2 Tbsp. fresh lemon juice
- 3 cups cooked brown rice (whole-wheat couscous may be substituted)



### Directions

Heat oil in a large pot over medium-high heat. Add onion. Cook until translucent, about 2 minutes. Add broth. Reduce heat to medium-low and simmer, stirring frequently, about 20 minutes.

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While broth is simmering, combine spices in a mixing bowl then stir them into pot. Add butternut squash, raisins, carrots and garlic. Cover and continue simmering until vegetables are tender, about 25 to 30 minutes.

Add in zucchini, garbanzos, olives, salt and pepper. Re-cover and continue to simmer until zucchini is tender, an additional 10 to 12 minutes. Stir in 2 tablespoons parsley and lemon juice.

Place warm rice uniformly on large serving platter (or individual plates). Spoon the stew over bed of rice. Garnish with remaining parsley and serve.

Makes 6 servings (about 1 cup stew per serving).

**Nutritional Analysis** per serving: 300 calories, 6 g total fat (1 g saturated fat), 54 g carbohydrate, 11 g protein, 9 g dietary fiber, 464 mg sodium.

<http://preventcancer.aicr.org/>

## Mediterranean Roasted Vegetable Soup

### Ingredients

- 1 tablespoon olive oil
- 5 garlic cloves
- 12 ounces all-purpose potatoes, cut into 1/2-inch chunks
- 1 green bell pepper, seeded and cut into 1/2-inch squares
- 1 yellow bell pepper, seeded and cut into 1/2-inch squares
- 1 teaspoon fresh rosemary, chopped
- 1 yellow squash, halved lengthwise and cut crosswise into 1/2-inch pieces
- 1 large red onion, cut into 1/2-inch chunks
- 1 1/2 cups carrot juice
- 12 ounces plum tomatoes, seeded and diced
- 1 teaspoon fresh tarragon
- 3/4 teaspoon salt
- 3/4 cup water



### Directions

Preheat the oven to 450°F.

In a roasting pan, combine the oil and garlic and roast until the oil begins to sizzle, about 5 minutes.

Add the potatoes, bell peppers, and rosemary and toss to coat. Roast until the potatoes begin to color and soften, about 15 minutes.

Add the squash and onion and roast until the squash is tender, about 15 minutes longer.

In a medium Dutch oven, combine the carrot juice, tomatoes, tarragon, and salt and bring it to boil over medium heat. Add the roasted vegetables.

Pour the water into the roasting pan and scrape up any brown bits. Pour the pan juices into the Dutch oven and cook until heated through, about 2 minutes.

[www.rd.com/food/mediterranean-roasted-vegetable-soup/](http://www.rd.com/food/mediterranean-roasted-vegetable-soup/)