

ORGANIC

Garden-Inspired Stew



Nutrition Facts

Serving Size 1 Portion (495g)
 Serving Per Container: 1

Amount Per Serving
Calories 510 **Calories from Fat** 80

% Daily Values*

Total Fat 9g **14%**
 Saturated Fat 1g **5%**
 Trans Fat 0
 Polyunsaturated Fat 0.5g
 Monounsaturated Fat 4.5g

Cholesterol less than 5 milligrams **0%**

Sodium 740mg **31%**

Total Carbohydrate 95g **32%**

Dietary Fiber 9g **35%**

Sugars 8g

Protein 13g

Vitamin A 160% • Vitamin C 40%

Calcium 15% • Iron 25%

Vitamin E 0% • Vitamin B6 0%

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram
 Fat 9 • Carbohydrates 4 • Protein 4



Licking Memorial Hospital | Culinary Services

Garden-Inspired Stew (Makes 6 portions)

Ingredients:

- 1 cup yellow onion, medium dice
- ½ cup celery, medium dice
- ½ cup carrots, medium dice
- ½ cup red bell peppers, medium dice
- 1 medium apple, grated
- 1 tablespoon fresh thyme leaves
- 10 sprigs Italian parsley, leaves picked & stems chopped fine
- ½ teaspoon fennel seeds
- 1 bay leaf
- 4 large leaves Swiss chard, leaves torn into small pieces and stems sliced thin
- 2 cups sweet potatoes, scrubbed & cut into 2" chunks
- 1.5 cups radishes, halved
- ½ cup grape tomatoes, halved
- 2 15oz. cans of butter beans, drained and rinsed
- 1 small Yukon potato, peeled & quartered
- 4 cups vegetable stock
- 1 large garlic clove
- ½ cup organic extra virgin olive oil
- ½ tsp ground turmeric
- Salt & pepper to taste
- 1 cup black rice
- 2 cups water

Directions:

1. Heat 2 tablespoons of the olive oil in a large Dutch oven over medium heat. Add the onion, carrot, celery, red peppers and season with salt and pepper. Cook for about 5 minutes, stirring regularly, until the vegetables have begun to release some of their moisture.
2. While waiting for the moisture to release from the vegetables, bring the black rice and water to a simmer over medium high heat in a sauce pot. Place a lid on top and lower the heat to the lowest setting. Cook for 30-35 minutes, and let stand for about 5-7 minutes before placing on top of stew.
3. Add to the vegetables, grated apple, thyme leaves, chopped parsley stems, sliced chard stems, fennel seeds and bay leaves, season once more, and continue to cook for another 2-3 minutes (until everything has become very fragrant).
4. Raise the heat slightly, and add the vegetable broth, sweet potatoes, radishes, Yukon potato, and butter beans. Bring to a simmer, place a lid on top (slightly cracked) and lower the heat to low.
5. Cook for about 15 minutes, gently stirring occasionally, until all of the vegetables are tender.
6. Add the grape tomatoes and chard leaves and continue cooking for 5 minutes.
7. Remove the bay leaves and discard.
8. Carefully remove the cooked Yukon potato with a slotted spoon, and place in a food processor, along with 1/4 cup of the cooking broth, turmeric and the garlic clove.
9. Process the potato mixture until smooth, then with the processor running, drizzle in the remaining extra virgin olive oil until it is all emulsified. Adjust the seasoning with salt and pepper. Drizzle over top of the stew when serving, alongside steamed black rice. Top with some of the fresh parsley leaves.