



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Stew on These Dinner Options

Root vegetables, onions and potatoes are items which last a long time when stored properly. When they're on sale, stock up! These produce items are great for a variety of dishes like soups and stews, sides and casseroles.

Stew is a great make-ahead meal for busy weeknights.

But all stews are not created equal so choose healthier options that include lean protein (like white meat chicken, lean beef or fiber-rich beans) while limiting ingredients that are higher in fat and calories (like creams, butter, or highly processed meats).

### Healthy Beef and Barley Stew

#### Ingredients:

- 1/4 cup flour
- 1/8 tsp. black pepper
- 1/8 tsp. paprika
- 1 1/2 lbs. lean stew beef, cut into 1-inch pieces
- 1 Tbsp. olive oil
- 8 oz. sliced mushrooms
- 1 cup sliced celery
- 1-1/2 cups chopped onion



Recipe (edited) and image courtesy of [Healthcooks.com](http://Healthcooks.com).

- 2 cans (14 oz. each) low-sodium beef broth
- 1 small bay leaf
- 1/3 cup pearl barley

- 2 cups sliced carrots
- 2 cups diced turnips
- 1-2 potatoes, peeled and cubed
- 1 cup frozen green peas, thawed

#### Directions:

1. In a bowl, combine flour, pepper and paprika. Toss beef in flour mixture until coated evenly.
2. In a large saucepan, heat oil over medium-high heat. Add beef and sauté until brown on all sides, about 5 minutes. Add mushrooms, celery and onion and sauté 2 minutes. Add broth, bay leaf, barley, carrots, turnips and potatoes, and stir to combine. Bring mixture to a boil. Reduce heat to medium-low, cover and simmer 1 hour, stirring occasionally.
3. Remove cover and simmer, uncovered, until vegetables and beef are very tender, about 40 minutes. Discard bay leaf. Skim off fat. (Stew can be prepared up to 2 days ahead. Cool slightly. Refrigerate uncovered until cold, then cover and refrigerate. Bring to a simmer before serving.)

### Healthy Chicken and Rice Stew

#### Ingredients:

- 1/2 medium onion, diced
- 6 garlic cloves, sliced
- 2 cups chopped carrots
- 1 lb. boneless, skinless chicken breast, trimmed of fat and cut into 1 1/2-inch chunks
- 4 cups low-sodium chicken broth (gluten free if needed)



Recipe and image courtesy of [Healthcooks.com](http://Healthcooks.com).

- 1 tsp. dried thyme
- 1/2 lb. potatoes, scrubbed and quartered

- 1/3 cup wild rice
- 2 cups green beans, trimmed
- Black pepper to taste

#### Directions:

1. In a saucepan, combine onion, garlic, carrots, chicken, chicken broth and thyme and cook over low heat for 1 hour.
2. Add the potatoes, wild rice and green beans and cook for an additional 1 1/2 hours. Add pepper to taste and serve hot.