Slow-Cooker Gypsy Stew
8 servings

1 ½ cups dried black and/or kidney beans, sorted and rinsed
1 (10 oz.) box frozen spinach, defrosted in microwave for 5 - 6 min.
½ pound pork tenderloin or chicken breast, cut into ½” cubes (optional)
2 (14.5 oz.) cans reduced sodium chicken broth
1 cup water
1 (14.5 oz.) can stewed tomatoes
1 large sweet potato, peeled and cubed
1 medium onion, chopped*
1 medium bell pepper, chopped*
2 tsp paprika
2 tsp cumin
½ tsp cinnamon
1 tsp dried basil
2 tsp sugar
8 dashed red pepper sauce (optional)

Add all ingredients to slow-cooker. Cover and cook on LOW for 10 - 11 hours or on HIGH for 5 - 6 hours. Serve with a tossed green salad for a no-fuss dinner.

* To save time, use frozen chopped green pepper and onion

Nutrition information, per serving: 180 calories, 0 g fat, 35 g carbohydrate, 8 g dietary fiber, 11 g protein, 340 mg sodium, 0 cholesterol. Good source of vitamins A & C, calcium and iron.

Easy Pineapple Chicken
4 Servings

2 tsp canola or sesame oil
1 (10-oz) package frozen broccoli (or stir-fry vegetable mix), thawed*
1/2 C stir-fry sauce
1/4 C pineapple juice, use reserved juice from canned pineapple
1/4 tsp garlic powder
1/4 tsp crushed red pepper (optional - use if you like it hot!)
1 (15-oz) can pineapple chunks or tidbits, drained (reserve the juice!)
2 C diced cooked chicken or 2 (10-oz) cans chicken breast, drained and flaked

1. Heat the oil in a large skillet over medium high heat. Add all ingredients EXCEPT the pineapple & chicken. Cook and stir until heated through, 5 - 6 min.

2. Add pineapple and chicken; cook another 2 minutes.

Serve over instant brown rice or whole wheat pasta.

* Thaw frozen vegetables in the microwave or by holding the package under cold running water for several minutes.

Nutrition information, per serving: 260 calories, 5 g fat, 1 g saturated fat, 29 g carbohydrate, 3 g dietary fiber, 26 g protein, 1100 mg sodium, 60 mg cholesterol. Good source of vitamins A and C.