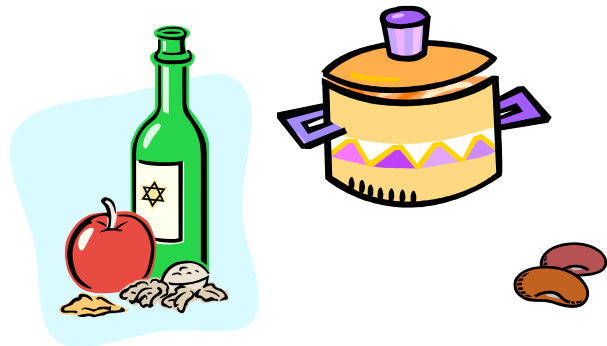


## Slow-Cooker Gypsy Stew

8 servings

- 1  $\frac{1}{2}$  cups dried black and/or kidney beans, sorted and rinsed
- 1 (10 oz.) box frozen spinach, defrosted in microwave for 5 - 6 min.
- $\frac{1}{4}$  pound pork tenderloin or chicken breast, cut into  $\frac{1}{2}$ " 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
- $\frac{1}{4}$  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\*
- $\frac{1}{2}$  C stir-fry sauce
- $\frac{1}{4}$  C pineapple juice, use reserved juice from canned pineapple
- $\frac{1}{4}$  tsp garlic powder
- $\frac{1}{4}$  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.