

# Harvest Stew

Rating: ★★★★★

Prep time: 40 minutes

Cook time: 40 minutes

Makes: 6 Servings

This hearty dish is a perfect blend of spinach, sweet potatoes, red potatoes, northern beans, tomatoes, and chicken. To round out the dish, the flavors of carrots, celery, onions, and garlic take this stew to the next level!

## Ingredients

- 3/4 tablespoon** vegetable oil
- 3/4 cup** Fresh onions, peeled, diced
- 1/3 cup** Fresh carrots, peeled, diced
- 1/2 cup** Fresh celery, diced
- 1 tablespoon** Enriched all-purpose flour
- 1/3 teaspoon** Low-sodium chicken base
- 1 1/4 cups** water
- 1/8 teaspoon** salt-free seasoning
- 1/3 teaspoon** garlic powder
- 1 cup** Canned low-sodium diced tomatoes
- 1 cup** Fresh sweet potatoes, peeled, cubed 1"
- 1/2 cup** Fresh red potato, unpeeled, cubed 1"
- 1 cup** Cooked diced chicken, 1/2" pieces (3 oz)
- 2 cups** Canned low-sodium great northern beans, drained, rinsed
- 1/2 cup** Fresh baby spinach, chopped

## Directions

1. Heat vegetable oil in a large pot over medium heat. Cook onions, carrots, and celery for 5 minutes allowing them to brown slightly.



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	124	
Total Fat	2 g	
Protein	8 g	
Carbohydrates	18 g	
Dietary Fiber	5 g	
Saturated Fat	0.27 g	
Sodium	57 mg	

## MyPlate Food Groups

Vegetables	1/2 cup
Protein Foods	1 1/2 ounces

2. Sprinkle flour over the vegetables. Stir well. Add chicken base and water. Stir constantly. Bring to a boil.
3. Reduce heat to medium. Stir in salt-free seasoning and garlic powder. Cook uncovered for 2 minutes. Add tomatoes, sweet potatoes, and red potatoes. Simmer uncovered for 15 minutes or until potatoes are tender. Stir frequently. Add chicken, beans, and spinach. Stir.
4. Continue to simmer uncovered for 10 minutes. Serve hot

## Notes

### Our Story

When the recipe challenge team came together to work on this project, they had no idea what they had gotten themselves into. Their first task was figuring out how to organize a tasting event because their school had over 750 students. The team then experimented with different ingredients and recipes which led to the development of Harvest Stew. The school is proud that North Carolina sweet potatoes from their Farm to School program were used in this stew.

This flavorful dish was created to satisfy the palate, while being a filling, nutritious meal to fuel the body for the rest of the day. Kids will be ecstatic over the taste of this recipe.

### David D. Jones Elementary School

Greensboro, North Carolina

### School Team Members

**School Nutrition Professional:** Pam Cecil

**Chef:** Matthias Hartmann

**Community Members:** Jen Schell (Parent) and Amanda Hester (Nutritionist)

**Students:** Maria S., Bailey P., Nemiah I., Jalen W., and Ayatollah H.

$\frac{3}{4}$  cup provides:

**Legume as Meat Alternate:** 1  $\frac{1}{2}$  oz equivalent meat/meat alternate,  $\frac{1}{4}$  cup red/orange vegetable, and  $\frac{1}{8}$  cup additional vegetable.

OR

**Legume as Vegetable:**  $\frac{1}{2}$  oz equivalent meat,  $\frac{1}{4}$  cup legume vegetable,  $\frac{1}{4}$  cup red/orange vegetable, and  $\frac{1}{8}$

cup additional vegetable.

*Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.*

USDA