

Gypsy Stew

Hands-on - 20 min. (a.m.) and 8 min. (p.m.)

Serves 8

Choose from chicken, pork or go meatless. The sweet potatoes and Spanish flavors are terrific together.

Menu

Gypsy Stew

Broccoli Salad with Dried Cherries (page 263)

Whole-Wheat French Bread

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| 2 cans | (15 oz each) garbanzo or navy beans, rinsed and drained |
| 1 pkg | (10 oz) frozen spinach |
| 1 lb | pork tenderloin or skinless, boneless, chicken breast (opt) |
| 2 cans | (14½ oz each) chicken broth, 1/3 less sodium |
| 1 cup | water |
| 1 can | (14½ oz) diced tomatoes, no salt added |
| 1 lg | (18 oz) sweet potato (peeled and cubed) |
| 1 lg | onion, chopped |
| 1 | red or yellow bell pepper, seeded and chopped |
| 2 tsp | paprika |
| 2 tsp | ground cumin |
| 1/4 tsp | ground cinnamon |
| 1 tsp | dried basil |
| 1/4 tsp | salt (opt) |
| 8 grinds | fresh ground pepper |
| 8 dashes | cayenne (opt) |

5 to 11 hours before serving:

Add to slow-cooker.

Cover and cook on LOW 10 to 11 hours or on HIGH 5 to 6 hours until beans are tender.

Just before serving:

For a delicious side dish, consider making *Broccoli Salad with Dried Cherries*.

Serve with whole-wheat French bread.

Note: Add 1 to 2 tsp sugar to smooth flavors, if desired.

Nutrition information for about 1½ cup serving made with pork (including optional salt)

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|-------------------|-----|---------------|-------|-------------|-------|---------|--------|--------------------|------|
| Calories | 260 | Fat | 4.5 g | Fiber | 8.5 g | Sodium | 640 mg | Total Carbohydrate | 34 g |
| Calories from Fat | 15% | Saturated Fat | 1 g | Cholesterol | 37 mg | Protein | 21 g | Sugars | 8 g |