Harvest Stew

DAVID D. JONES ELEMENTARY SCHOOL
Greensboro, North Carolina

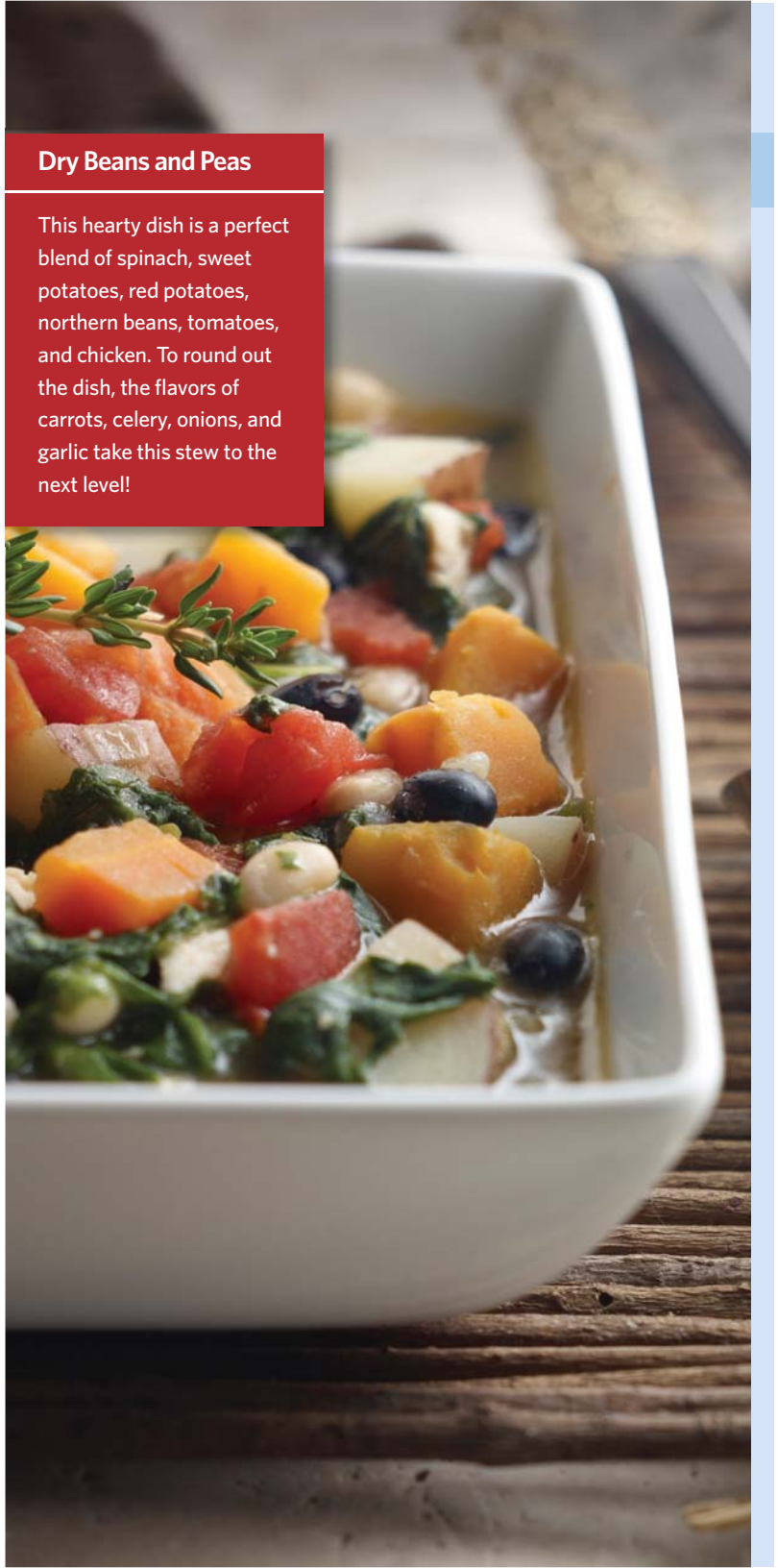
Our Story

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.

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.



Dry Beans and Peas

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!

Harvest Stew

Ingredients

¾ Tbsp Vegetable oil
¾ cup Fresh onions, peeled, diced
⅓ cup Fresh carrots, peeled, diced
½ cup Fresh celery, diced
1 Tbsp Enriched all-purpose flour
⅓ tsp Low-sodium chicken base
1 ¼ cups Water
⅛ tsp Salt-free seasoning
⅓ tsp Garlic powder
1 cup Canned low-sodium diced tomatoes
1 cup Fresh sweet potatoes, peeled, cubed 1"
½ cup Fresh red potato, unpeeled, cubed 1"
1 cup Cooked diced chicken, ½" pieces (3 oz)
2 cups Canned low-sodium great northern beans, drained, rinsed
½ cup Fresh baby spinach, chopped

Preparation Time: 40 minutes
Cooking Time: 30-40 minutes
Makes six ¾-cup servings

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.

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.

¾ cup provides:

Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate, ¼ cup red/orange vegetable, and ⅛ cup additional vegetable.

OR

Legume as Vegetable: ½ oz equivalent meat, ¼ cup legume vegetable, ¼ cup red/orange vegetable, and ⅛ cup additional vegetable.

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

Nutrients Per Seving: Calories **124,** Protein **8 g,** Carbohydrate **18 g,** Dietary Fiber **5 g,** Total Fat **2 g,** Saturated Fat **< 1 g,** Cholesterol **13 mg,** Vitamin A **3426 IU (163 RAE),** Vitamin C **9 g,** Iron **2 mg,** Calcium **50 mg,** Sodium **57 mg**