

# 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*

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)

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