



EPISODE 10: One-Pot Wonders

Crock Pot Brunswick Stew

2 lbs boneless skinless chicken breasts	2 tbsp fresh parsley (chopped)
1 tsp paprika	1/2 tsp Tabasco sauce
2 tbsp canola oil	1 tbsp Worcestershire sauce
2 medium onions (sliced)	2 cups frozen whole kernel corn
1 medium green bell pepper (sliced)	2 cups frozen lima beans
3 cups low sodium chicken broth	2 cups oyster crackers
2 cups canned tomatoes (don't drain)	

Directions:

Place all ingredients into crock pot and cook on medium for six to eight hours. Serves 8.

Per serving: 340 calories, 34 grams protein, 7 grams fat (1 gram saturated), 65 mg cholesterol, 35 grams carbohydrate, 5 grams fiber, 450 mg sodium

One Pot Beef Stew

1½ lbs lean beef, cut into cubes	1 bay leaf
3 cups onion (chopped)	¼ cup fresh parsley (chopped)
2 cups carrots (sliced)	¼ tsp hot red pepper flakes
1 cup red bell pepper (julienned)	½ tsp salt
8 oz. fresh mushrooms (cleaned)	¼ tsp black pepper
2 medium tomatoes (chopped)	½ cup frozen peas (thawed)
½ cup red wine	

Directions:

In a large heavy pot combine beef, onion, carrots, red pepper, mushrooms, tomatoes, wine, bay leaf, parsley, and red pepper flakes. Cover and simmer over low heat for 1½ hours, stirring occasionally. 10 minutes before serving add salt, pepper and thawed peas, stirring occasionally. Serves 6.

Per serving: 260 calories, 27 grams protein, 8 grams fat (2.5 grams saturated), 65 mg cholesterol, 18 grams carbohydrate, 4 grams fiber, 300 mg sodium