STEW OFF

BY KATE SHERWOOD

Meat plays a supporting role in these three stews, in which vegetables and legumes take center stage. They’re hearty and satisfying…and better for you and the planet.

Got a question or suggestion? Write to Kate at healthycook@cspinet.org.

Chicken & Peanut Curry

Total Time: 30 minutes

1 onion, chopped
2 Tbs. canola oil
3 cloves garlic, minced
1 Tbs. curry powder
1 15 oz. can no-salt-added diced tomatoes
½ cup crunchy peanut butter
¾ lb. sweet potatoes, peeled and cut into ½-inch chunks
½ lb. green beans, cut into 1-inch pieces
¾ lb. boneless, skinless chicken breast, cut into ½-inch pieces
¾ tsp. kosher salt

For a vegetarian version, swap two 15 oz. cans of drained no-salt-added chickpeas for the chicken.

Sauté the onion in the oil in a large skillet until lightly browned, about 3 minutes. Stir in the garlic and curry powder and cook for 1 minute. Stir in the tomatoes and 2 cups of water and simmer for 10 minutes. Stir in the peanut butter. Meanwhile, steam the potatoes and green beans until tender, about 5 minutes. Add the chicken to the skillet and gently simmer until the meat is cooked through, about 5 minutes. Stir in the potatoes and green beans. Season with up to ¾ tsp. of salt. Serves 6.

PER SERVING (1½ cups): Calories 270; Total Fat 13 g; Sat Fat 2 g; Protein 17 g; Carbs 22 g; Fiber 5 g; Cholesterol 30 mg; Sodium 320 mg

White Beans, Sausage, & Kale

Total Time: 15 minutes

½ lb. Italian turkey sausage
2 Tbs. extra-virgin olive oil
5 cloves garlic, sliced
2 15 oz. cans no-salt-added white beans
¾ lb. baby kale (or spinach)
Freshly ground black pepper
1 Tbs. balsamic vinegar, more to taste

Quick. Easy. Tasty.

Remove the sausage from its casing and break into small pieces. Sauté in the oil until browned, about 5 minutes. Remove and reserve. Sauté the garlic until just golden, about 1 minute. Add the beans with their liquid and stir in the kale, a few handfuls at a time. Simmer until the kale is tender, about 2 minutes, adding more water if needed to keep the beans moist. Stir the sausage into the beans and kale. Season with black pepper and the balsamic vinegar. Serves 4.

PER SERVING (2 cups): Calories 370; Total Fat 15 g; Sat Fat 3 g; Protein 22 g; Carbs 39 g; Fiber 10 g; Cholesterol 35 mg; Sodium 450 mg

Fish Stew

Total Time: 30 minutes

The secret to moist fish: simmer it gently over low heat.

In a large skillet, sauté the onion and fennel in the oil until soft, 5-7 minutes. Add the tomatoes and simmer for 10 minutes, stirring occasionally. In a small pot, simmer the potatoes until tender, 8-10 minutes. Add the potatoes and 1 cup of the cooking water to the skillet. Turn the heat to low. Add the fish and edamame and very gently simmer until the fish is cooked through, about 5 minutes. Season with up to ½ tsp. of salt. In a small food processor, purée the mayonnaise with the red pepper. Ladle the stew into bowls and serve with a spoonful of the roasted red pepper mayonnaise. Serves 4.

PER SERVING (2 cups): Calories 370; Total Fat 22 g; Sat Fat 3 g; Protein 23 g; Carbs 19 g; Fiber 4 g; Cholesterol 30 mg; Sodium 400 mg

*Look for fish that carry the Marine Stewardship Council’s Certified Sustainable Seafood label.