

Slow Cooker Stew

Health Canada recommends eating at least one dark green and one orange vegetable each day. This meatless stew is packed with a variety of colourful vegetables that are available year-round. Try assembling the ingredients the night before and letting the slow cooker do the work for you!



Ingredients:

1 medium	Potato, peeled and cubed	1 medium
1 medium	Yam, peeled and cubed	1 medium
2 large	Carrots, sliced	2 large
2 medium	Celery stalks, sliced	2 medium
1 small	Onion, chopped	1 small
1 – 14 oz can	Chick peas, drained and rinsed	1 – 398 mL can
3 cups	Fresh or frozen vegetables (broccoli, cauliflower, peas, zucchini, or eggplant)	750 mL
4 cups	Water	1 L
1 – 6 ounce can	Tomato paste	1 – 170 mL can
2	Vegetable bouillon cubes, low sodium	2
2 cloves	Garlic, minced	2 cloves
1 tsp	Dried basil	5 mL
1 tsp	Dried oregano	5 mL
1 tsp	Dried thyme	5 mL
½ tsp	Pepper	2 mL

Directions:

1. Cut vegetables into bite sized pieces.
2. Add all ingredients to slow cooker and stir.
3. Cover and cook on low for about 8 hours, or until vegetables are tender.

Makes 8 servings (310 mL/ 1 ¼ cup/ 297 g)

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Nutrition Facts	
Per 1/8 of recipe (375 mL/ 1 ½ cup/ 297 g)	
Amount	% Daily Value
Calories 150	
Fat 1.5 g	2 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 80 mg	3 %
Carbohydrate 30 g	10 %
Fibre 6 g	24 %
Sugars 7 g	
Protein 6 g	
Vitamin A	200 %
Vitamin C	50 %
Calcium	6 %
Iron	20 %

Nutrient Claim	Amount per serving
Very high in fibre	6 g
Low in fat	1.5 g
Saturated fat-free	0 g
Low in sodium	80 mg
Very high in potassium	726 mg
Source of calcium	71 mg
High in magnesium	48 mg
Very high in folate	99 mcg
High in iron	2.7 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	2
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	¼

* Nutrient analysis done with broccoli, cauliflower, and mixed frozen vegetables (1 cup each)

This is a Choose Most Often recipe (Mixed Dish–Soup, broth-based) according to the Alberta Nutrition Guidelines.

<p>Special Equipment Required:</p> <ul style="list-style-type: none"> • Slow Cooker
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