

Crock Pot Split Pea Stew

10 servings (1 ½ cups)

Ingredients:

- 10 cups water+ 3 Tbsp low sodium vegetable bouillon base (*or use 10 cups of low sodium vegetable broth*)
- 24 oz green split peas
- 2 small yellow onions, coarsely chopped
- 5 medium carrots, coarsely chopped
- 2 cups lean ham cubes
- 1/4 tsp ground black pepper
- 1/2 tsp dried parsley flakes
- 5 medium red potatoes, cubed
- 1 1/2 cups frozen green peas

Directions:

1. In a crock pot, combine all ingredients EXCEPT for potatoes and peas. Set crock pot on low for 10 hours.
2. For final two hours of cooking, add in potatoes and peas. *Note: as an alternative you can pre-boil the potatoes until soft and add them in with the peas 15 minutes prior to serving.

Nutrition Information per serving: Calories 385, Fat 1.7g, Carbs 70g, Fiber 21.3g Protein 25.3g
Cholesterol 12 mg, Sodium 405mg

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Crock Pot Hungarian Beef Goulash

Yield 8 servings (1 cup)

Ingredients

- 2 pounds beef stew meat, (such as chuck), trimmed and cubed
- 2 teaspoons caraway seeds
- 1 1/2-2 tablespoons sweet or hot paprika, (or a mixture of the two), preferably Hungarian (see Ingredient Note)
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 1 large or 2 medium onions, chopped
- 1 small red bell pepper, chopped
- 1 14-ounce can diced tomatoes
- 1 14-ounce can reduced-sodium beef broth
- 1 teaspoon Worcestershire sauce
- 3 cloves garlic, minced
- 2 bay leaves
- 1 tablespoon cornstarch mixed with 2 tablespoons water
- 2 tablespoons chopped fresh parsley
- 1 lb whole wheat pasta cooked

Directions

1. Place beef in a 4-quart or larger slow cooker. Crush caraway seeds with the bottom of a saucepan. Transfer to a small bowl and stir in paprika, salt and pepper. Sprinkle the beef with the spice mixture and toss to coat well. Top with onion and bell pepper.
2. Combine tomatoes, broth, Worcestershire sauce and garlic in a medium saucepan; bring to a simmer. Pour over the beef and vegetables. Place bay leaves on top. Cover and cook until the beef is very tender, 4 to 4 1/2 hours on high or 7 to 7 1/2 hours on low.
3. Discard the bay leaves; skim or blot any visible fat from the surface of the stew. Add the cornstarch mixture to the stew and cook on high, stirring 2 or 3 times, until slightly thickened, 10 to 15 minutes. Serve sprinkled with parsley.
4. Serve over cooked pasta

Nutritional Information per Serving: Calories 380 Fat 6.5g Carbs 48g Fiber 6g Protein 32g Cholesterol 48mg Sodium 260mg

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Oven Roasted Squash with Garlic and Parsley

Original Recipe Yield 10 servings (3/4 cup)

Ingredients

- 5 pounds winter squash (such as butternut, buttercup, kabocha or hubbard), peeled, seeded and cut into 1-inch chunks (see Tip)
- 2 tablespoons extra-virgin olive oil, divided
- 1 1/2 teaspoons salt
- 1/4 teaspoon freshly ground pepper, divided
- 3 cloves garlic, minced
- 2 tablespoons chopped Italian parsley

Directions

1. Preheat oven to 375°F.
2. Toss squash with 4 teaspoons oil, salt and 1/4 teaspoon pepper. Spread evenly on a large baking sheet. Roast, stirring occasionally, until tender throughout and lightly browned, 30 to 45 minutes (depending on the variety of squash).
3. Heat the remaining 2 teaspoons oil in a small skillet over medium heat. Add garlic and cook, stirring, until fragrant but not brown, 30 seconds to 1 minute. Toss the roasted squash with the garlic and parsley. Taste, adjust the seasoning and serve.

Nutritional Information per Serving: Calories 104 Fat 3g Carbs 21g Fiber 6g Protein 2g Cholesterol 0mg
Sodium 357 mg
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