

French Style Bean Stew



health@hadassah.org • hadassah.org/everybitecounts

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Couscous stuffed portobello mushroom caps with mozzarella



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FRENCH STYLE BEAN STEW

Ingredients

Makes 6 Servings

- 2 medium dried bay leaves
- 6 cups water
- 8 oz. dried black beans, sorted for stones and shiveled beans, rinsed, drained
- 2 medium carrots (chopped)
- Cooking spray
- 1/2 cup dry white wine (regular or nonalcoholic)
- 1 1/2 tsp. dried fennel seeds (crushed)
- 4 medium garlic cloves (crushed, minced)
- 8 oz. dried Great Northern beans or other dried white beans, sorted for stones and shiveled beans, rinsed, drained
- 1 large green bell pepper (chopped)
- 1/4 cup light or dark molasses
- 1 large onion (chopped)
- 1/2-3/4 tsp. crushed red pepper flakes
- 3 medium ribs of celery
- 1/2 tsp. salt
- 1/2 dried thyme (crushed)
- 16 oz. canned, no-salt-added tomato sauce
- 1 1/4 cups fat-free, low-sodium vegetable broth

Recipe

- In a Dutch oven, stir together the water and beans. Bring to a boil over high heat. Reduce the heat and simmer for 5 minutes. Remove from the heat. Let stand, covered, for 1 hour. Or, put the water and beans in a large bowl. Let stand, covered, for 6 to 12 hours. With either method, drain the beans in a colander, rinse, and drain again. Set aside.
- When the beans are ready, dry the Dutch oven and lightly spray with cooking spray. Cook the celery, carrots, bell pepper, onion, and garlic over medium heat for 20 minutes, or until tender, stirring occasionally. Stir in the remaining ingredients and the beans. Increase the heat to high and bring to a boil. Reduce the heat and simmer, covered, for 2 1/2 to 3 hours, or until the beans are tender, adding water if necessary and stirring occasionally. Discard the bay leaves before serving the stew.

Nutrients

Calories	359	Cholesterol	0 mg
Total Fat	1.0 g	Sodium	275 mg
Saturated Fat	0.0 g	Total Carbohydrate	68 g
Trans Fat	0.0 g	Dietary Fiber	13 g
Polyunsaturated Fat	0.5 g	Sugars.....	26 g
Monounsaturated Fat	3.0 g	Protein	18 g

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COUSCOUS STUFFED PORTOBELLO MUSHROOM CAPS WITH MOZZARELLA

Ingredients

Makes 4 Servings

- 8 portobello mushrooms (with caps that are around 5 inches in diameter)
- 3/4 cup chopped scallions (both green and white parts removed)
- 2 Tbsp chopped black olives
- 1 1/2 cups chopped plum tomatoes (about 3 plum tomatoes)
- 3/4 cup dried couscous
- 1/4 teaspoon ground black pepper
- 1 1/2 Tbsp canola oil
- 1 Tbsp balsamic vinegar
- 1 1/4 cups boiling water
- 3 oz shredded, fat-free mozzarella

Recipe

- Preheat oven to 400 degrees F.
- To clean the portobello mushrooms, remove and discard the stems from each mushroom. Then, using a spoon, scrape the black gills from the underside of each mushroom and discard gills. Place each mushroom cap onto a large foil-lined baking sheet. Bake mushrooms in oven until soft, about 20 minutes.
- Meanwhile, chop the scallions, olives, and tomatoes; add to a medium bowl along with couscous, pepper, oil, and vinegar. Bring 1 1/4 cups of water to a boil, either on the stove top or in a microwave. Add into the bowl, stirring to combine, and cover tightly with a lid or plastic wrap. Let couscous steam 10 to 15 minutes until cooked. Use a fork to fluff couscous.
- When mushroom caps are done, use a paper towel to blot off any extra moisture on mushroom. Divide couscous mixture among the mushroom caps, filling each one. Top with the cheese and place back in the oven until cheese melts, about 10 minutes. Remove from oven and serve.

Nutrients

Calories	261	Potassium	0 mg
Total Fat	6.7 g	Total Carbohydrate	37.3 g
Saturated Fat	0.5 g	Dietary Fiber	5.5 g
Trans Fat.....	0.0 g	Sugars	5.1 g
Polyunsaturated Fat	1.8 g	Added Sugars	0 g
Monounsaturated Fat	3.4 g	Protein	14.0 g
Cholesterol	3.8 mg		
Sodium	311 mg		

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