

Food is Health • Community Recipe Challenge

Tuscan Portobello Stew

Ingredients

- 2 large portobello mushrooms, coarsely chopped
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 2 tablespoons olive oil
- 1/2 cup no or low-sodium vegetable broth, or white wine
- 1 can (28 ounces) diced tomatoes, undrained
- 2 cups chopped fresh kale
- 1 bay leaf
- 1 teaspoon dried thyme
- 1/2 teaspoon each of dried basil and dried rosemary, crushed
- 1/4 teaspoon each of salt and pepper
- 2 cans (15 ounces each) cannellini beans, rinsed and drained



Recipe from tasteofhome.com (adapted)



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Instructions

1. In a large skillet, saute the mushrooms, onion and garlic in the olive oil until tender.
2. Add the vegetable broth (or white wine). Bring to a boil; cook until liquid is reduced by half.
3. Stir in the undrained tomatoes, kale and seasonings. Bring to a boil.
4. Reduce heat; cover and simmer for 8-10 minutes.
5. Add the rinsed and drained beans; heat through. Discard bay leaf.

Optional:

- Add in other vegetables you have on hand, e.g. diced carrots, celery, and/or whole grains like barley or quinoa. If adding in grains, add in additional liquid as needed
- Serve with crusty bread and grated parmesan

Nutrition Information per Serving Serves 4

Calories	309
Protein	12g
Carbohydrates	46g
Total Fat	8g
Saturated Fat	1g
Sodium	672mg (depends on broth used)
Dietary Fiber	13g
Sugars	9g

The information shown is an estimate.



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