

THINKING OUTSIDE THE BOX

PRESSURE COOKER IRISH STEW



A meal doesn't have to look like a MyPlate meal, where half your plate is filled with fruits and vegetables and a corner is filled with whole grains and another lean meat, to be nutritious. Meals don't have to be like this to be nutritious nor does one have to use a variety of cooking methods and lots of equipment to create a nutritious meal. One-pan combination dishes such as soups, stews, and casseroles, can be nutritious, easy, and quick.

The ease of such meals makes them flexible in combining foods and nutrients. Consuming adequate amounts and a variety of different colors of fruits and vegetable is major strategy in assisting to assure you and your family are optimally nourished. Your needs can be met by using a combination of fresh, frozen and canned. Don't let anyone tell you that you have to consume only fresh produce. Just be sure when choosing frozen and canned to select items with no added sugars or fats, and those that are low in sodium. Use whatever combination works for you to meet the recommendations. Reading the Nutrition Facts Panel or using our Dietitian Approved Thumbs in the stores will guide you.

Keep a rotation of pantry and freezer products on hand to make one-skillet meals to ease stress, assist with using up fresh items that are about to expire and assist with expanding the food dollar. Try out one recipe and then experiment the next time by adding a different type of vegetable maybe some new spices and you have a completely different dish. One night this week try a sheet pan meal or this stew but add a different combination of vegetables or switch up the protein. Test the new flavors and see how you like it. Even make it a family affair and ask them what spices or vegetables they want to mix in.

This meal features a stew loaded with different types of vegetables and your choice of lean protein. Double the batch and freeze it, so you have it at the ready for quick dinners, when you are too tired to cook. It is lower in calories than most fast food choices, so it will assist with keeping your calorie intake in check. It will stick to your ribs and keep you feeling full.

MACROS / SERVING SIZE:

Protein 30 g | Fat 13 g | Carbs 40 g

% CALORIES OF MACROS / SERVING SIZE:

Calories 399 | Protein 30 % | Fat 29 % | Carbs 41 %

NUTRIENT / SERVING SIZE:

Fiber 6 g | Sodium 353 mg | Sat. Fat 3 g

DIETITIAN TIP

Add extra vegetables to one-pot meals to increase the nutrients and serving size while keeping calories and unhealthy fat in check. Doing so will help you feel full longer and aid in providing the fiber and key nutrients your body needs. Often times, nutrition is not about taking away, it is about what to add to the dish to make it more nutritious, filling, and less calorie dense.

INGREDIENTS (Serves 6)

- 1.5 lbs. raw meat cut large cubes (see notes)
- 3 tbsp. olive oil
- 12-14 oz. canned low-sodium crushed tomato
- 4-5 carrots, cut into large chunks
- 4 medium baking potatoes, cut into large cubes
- 3 stalks of celery, sliced thin
- 2 medium white onion, diced
- 14 oz. low-sodium broth
- 12 oz. of beer, ale or additional low-sodium broth
- 3 tbsp. wine vinegar
- 4 garlic cloves, minced
- 4 bay leaves
- ½ tsp. pepper
- ½ tsp. salt
- ¾ cup fresh parsley chopped (optional)

DIRECTIONS:

1. Begin heating the pressure cooker to medium-high heat, or use the sauté function.
2. Quickly mix the cubed meat with the olive oil, salt and pepper, toss to coat evenly.
3. In batches, sear the cubed meat on all sides. Do not cook through.
4. Remove the seared meat from the cooker, and add the garlic and onions. Stir continuously for about one minute to enrich the flavors. Do not let it burn.
5. Quickly add the broth, to deglaze the pan, scrape the bottom of the pan to loosen the remnants.
6. Add back the cubed meat and the remaining ingredients, less the fresh parsley.
7. Place the lid on the cooker and set it for 14 minutes. If there is no timer, than let it come to pressure and then set a timer for 14 minutes (then turn off). Let the cooker sit for 10-15 minutes and then do a quick release according to the manufacturer's instructions.
8. Serve ¼ of the stew in a bowl, topped with a little fresh chopped parsley (optional), and a piece of whole wheat bakery bread along the side for dunking.



"A LIST OF RECIPES ON [COMMISSARIES.COM/HEALTHY LIVING](https://www.commissaries.com/healthy-living) ALSO HAS NUTRITION EDUCATION"