



Bean Stew

Makes: 5 child servings

Ingredients

| Imperial Measurement | Ingredient | Metric Measurement |
|----------------------|---|--------------------|
| 2 tbsp | vegetable oil | 30 mL |
| ½ | onion, diced | ½ |
| 1 clove | garlic, minced | 1 clove |
| 2 tbsp | flour | 30 mL |
| 3 cups | low-sodium broth | 750 mL |
| 1 | carrot, sliced | 1 |
| 1 stalk | celery, diced | 1 stalk |
| ½ cup | mushrooms, sliced | 125 mL |
| ¼ tsp | rosemary | 1 mL |
| 1 | bay leaf | 1 |
| 3 cups | mixed beans (i.e. chickpeas, lentils, kidney beans), cooked OR canned mixed beans, rinsed and drained | 750 mL |
| ¼ cup | milk | 60 mL |
| 1 | green onion, sliced | 1 |
| ½ cup | green peas | 125 mL |
| ¼ tsp | salt | 1 mL |
| Optional: | pepper | |

Instructions

1. Heat oil in a large pot over medium-high heat. Sauté onion until soft.
2. Add garlic and cook for 2 minutes.
3. Stir in the flour and then whisk in the broth. Bring to a simmer, whisking constantly until thickened.
4. Add the vegetables, herbs, and beans. Season with salt and pepper (if using).

Note 1: Instructions are continued on page 2.

Note 2: Nutrition Information is on page 2.



5. Continue cooking over medium heat until the stew returns to a simmer. Turn the heat down to low, just enough to maintain the simmer.
6. Cover tightly and continue cooking for approx. 30 minutes.
7. Stir in the milk, green onions, and peas.

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|------------------------------|---------------|
| Nutrition Information | |
| Serving 320 g (1 cup) | |
| Calories | 240 |
| Fat | 6 g |
| | Saturated 3 g |
| | + Trans 0 g |
| Sodium | 260 mg |
| Carbohydrates | 37 g |
| | Fibre 10 g |
| | Sugars 5 g |
| Protein | 12 g |
| Calcium | 70 mg |
| Iron | 3 mg |

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| Food Guide Servings | |
| 1 Vegetable & Fruit | |
| 1 Meat & Alternative | |