



# ... It's Worth the Trip!



## THINKING OUTSIDE THE BOX

### Quick Brunswick Stew with Cornbread

Two quick behaviors to assist with promoting optimal health and assist with weight goals are to fill your plate up with half fruit and vegetables for most meals and to choose fruits and vegetables for most snacks. Fruits and vegetables are loaded with key vitamins, minerals, and fiber; are lower in calories than most other foods. However, to control calorie intake, blood sugars and/or, weight, some avoid or excessively limit their consumption of vegetables that are thought of as "starches," like sweet potatoes, corn, potatoes, lima beans, etc. For many, these vegetables have sort of gotten a bad rap and are thought of as the "enemy" by some, because they are "too starchy," have "carbs" and excess calories. This doesn't have to be the case!

Starchy vegetables are a valuable part of a healthy diet. Yes, they may have "carbs," but they are "high-quality carbohydrates" that are rich in vitamins, minerals, and fiber! Unlike "poor-quality carbs," such as white bread, regular pasta, white rice and other refined-grain products, like baked goods and other processed foods, starchy vegetables offer loads of nutrients and are a great addition to your diet when prepared in a healthy way. For example, baked and boiled potatoes are great; however, other versions of potatoes, like French fries and mashed potatoes add unnecessary fats, sodium, and calories. The fiber in starchy vegetables aids in weight loss and weight management, since fiber fills you up quickly and staves off hunger. Just be sure to keep and eat the peels.

Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables. Because starchy vegetables are higher in calories than the other types of vegetables, it is best to moderate the portions of starchy vegetables at meals (such as half a baked potato or half a cup of corn, peas, or winter squash). Just remember they are still a nutritious component of an eating pattern—even when the goal is weight-loss. To guide you, the recommended total weekly amounts for the starchy vegetable subgroups are shown in the table:

	Weekly Intake Goal	Starchy vegetables		Weekly Intake Goal	Starchy vegetables
<b>Children</b>	2-3 yrs old	2 cups	<b>Women</b>	19-30 yrs old	5 cups
	4-8 yrs old	3 ½ cups		31-50 yrs old	5 cups
<b>Girls</b>	9-13 yrs old	4 cups		51+ yrs old	4 cups
	14-18 yrs old	5 cups	<b>Men</b>	19-30 yrs old	6 cups
<b>Boys</b>	9-13 yrs old	5 cups		31-50 yrs old	6 cups
	14-18 yrs old	6 cups		51+ yrs old	5 cups

This hearty stew features numerous starchy vegetables (fresh, frozen, and canned). This is quick version of a Southern favorite, Brunswick Stew.



#### Directions: preheat oven to 350°F

**Serves: 6**

- 1) Cut 2 medium potatoes into 2 inch pieces and place in a microwave safe dish with ½ cup of water and 1 cup of frozen lima beans. Cover and microwave until tender (8-10 minutes).
- 2) While the potatoes are cooking in a large pot, combine, 15 oz. of whole kernel corn (drained), 28 oz. of diced tomatoes, 8oz. of tomato sauce, ¼ cup of ketchup, 1 tbsp. smoke hickory flavored BBQ sauce (optional), 2 tbsp. Worcestershire sauce, ½ tsp. hot sauce, 1 tsp. minced garlic, and 1 ½ lb. of cooked diced chicken (skin removed).
- 3) Bring the pot to a rapid boil and continue cooking for 2 minutes. Turn down and simmer over for a total of 20 minutes. Stir occasionally.
- 4) Once the potatoes and lima beans finish cooking, add ½ of the mixture to the simmering pot. Smash the remaining mixture and stir into the pot. (This step helps to thicken the stew.)

- 5) While the stew is simmering, make the corn bread, according to package directions.
- 6) Serve the stew in a bowl alongside a 2 x 2 inch piece of cornbread. Add a little black pepper and salt to taste.

#### Notes:

Consider using shredded pork or shredded beef in place of the chicken. This stew is a great use for leftover meat.

Try replacing ½ the white potatoes with sweet potatoes and microwave as described above.

Turn the heat up with a little more hot sauce and/or add a bit more tang by adding a tbsp. of apple cider vinegar.

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

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