

# Chicken Biscuit Stew

Based on a recipe from the [www.cooking.com](http://www.cooking.com) website that boasts lots of healthy veggies and a lot of non-fat yogurt for creaminess, it's not as naughty as it tastes!

## INGREDIENTS

### For the Stew

- ½ cup julienned carrots
- ½ cup julienned parsnip
- ½ cup thinly sliced onion
- ½ cup cauliflower florets (small)
- 2 garlic cloves, minced
- about 2 tsps olive oil
- 1 pound boneless skinless chicken thighs, cut into 1-inch chunks
- 1 TBSP all-purpose unbleached flour
- ¼ cup water
- 1 cup white wine or chicken broth
- 1 cup (8 ounces) fat-free plain yogurt
- 1 cup fresh or frozen peas
- ¼ tsp each: curry powder, salt, pepper, ground cumin and ginger

### For the Biscuits

- ½ cup all-purpose flour
- ½ cup wheat or rye flour
- 1 tsp baking powder
- ¼ tsp baking soda
- ¼ tsp salt
- 4 ½ tsps cold unsalted butter or stick margarine
- ½ cup fat-free plain yogurt
- 1 tsp dried parsley flakes **OR** dill

### To Finish

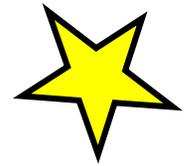
- about 4-6 scallions, snipped into small pieces
- 1 TBSP finely chopped tarragon

## DIRECTIONS

1. In a large nonstick skillet, sauté the onion and garlic in oil, taking care not to burn the garlic! When onion and garlic have softened, until tender. Add chicken; cook and stir for 5 minutes.
2. Combine the flour, water and wine or broth until smooth; add to the skillet. Bring to a boil; cook and stir for 2 minutes or until thickened.
3. Reduce heat; stir in yogurt, peas and seasonings. Transfer to a shallow 1½ -qt. baking dish coated with nonstick cooking spray; keep warm.
4. **For biscuits**, combine flour, baking powder, baking soda and salt in a bowl.
5. Cut in butter until crumbly. Stir in yogurt and parsley.
6. Drop eight mounds over warm chicken mixture. Bake, uncovered, at 350 degrees F for 25-35 minutes or until biscuits are golden brown and stew bubbles around the edges. Sprinkle scallions and tarragon over the top before serving.

# Clam & Fish Chowder

*Freshest possible ingredients = great flavor!*



## INGREDIENTS:

- 2 TBSPs safflower, sunflower or canola oil
- ½ cup diced ( ½”) white onion OR leek
- ½ cup diced ( ½”) celery, plus 1/4 cup chopped celery leaves, divided
- 1 small clove **minced** garlic
- 1 medium Yukon Gold potato, peeled and cut into small (**1”**) dice (OR mini red & yellow potatoes, cut in half, skin on)
- 1 pint shucked oysters, **liquid reserved**
- 2 cups cod or haddock (or other flaky, white fish) cut into 1 to 1 & ½” pieces
- ½ tsp kosher salt
- 1 tsp ground fennel OR celery powder
- 3 ¾s cups 1% milk
- ¼ cup light cream, half & half or milk
- 2-3 dashes hot sauce
- 2 TBSPs butter, stirred in **just before** serving
- ¼ tsp ground white pepper to taste
- ¼ cup snipped fresh chives OR scallions

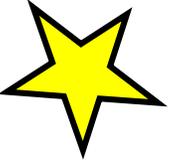
OPTIONAL : top with homemade toasted herbed bread crumbs to serve

## PREPARATION

1. Steam potatoes until **just** soft enough for a fork to go through easily. (5-8 minutes) BE CAREFUL NOT TO OVERCOOK!
2. Heat oil in a large saucepan over medium/low heat. Add onion and diced celery, reduce heat to medium-low and cook, stirring occasionally, until translucent and very tender but not browned, about 8-10 minutes. Stir in the garlic and cook about a minute or two on LOW heat.
3. Stir salt, paprika and fennel or celery powder into the cooked vegetables and stir for 1 minute more. Add the strained clam liquid, milk, cream and hot sauce. Increase heat to medium, medium/high and bring towards a brisk simmer --- **stop short of boiling!** REDUCE to a slow simmer.
4. While your liquid and veggies are cooking, cut the fish and dry on a paper towel. Strain clams in a mesh strainer to get out any grit. **SAVE THE JUICES!**
5. Add the clams and fish pieces to the liquid and veggies. Simmer just until clam edges begin to curl, 3-5 minutes. Remove from heat. Season with pepper. TASTE and adjust seasoning if you'd like. Garnish with celery leaves and/or chives or scallions and the toasted breadcrumbs.

# Sweet Oyster Stew

*The oysters must be super-fresh for the best results!*



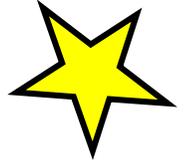
## INGREDIENTS:

- 2 TBSPs safflower or canola oil
- 1 cup diced white onion
- 1 cup diced celery, plus 1/4 cup chopped celery leaves, divided
- 1 medium sweet potato or yam, peeled and cut into small dice
- 2 pints shucked oysters, liquid reserved
- ¾ tsp kosher salt
- ½ tsp sweet curry powder
- 3 ¾s cups low-fat milk
- ¼ cup light cream or milk
- 2 dashes hot sauce
- 1 TBSP butter, stirred in **just before** serving
- ¼ tsp ground white pepper to taste
- 2 TBSPs snipped fresh chives

## PREPARATION

1. Bring water and a pinch of salt to a brisk boil in a small saucepan, add diced sweet potatoes, cover and cook until just soft enough for a fork to go through easily. (5-8 minutes) **BE CAREFUL NOT TO OVERCOOK!**
2. Heat oil in a large saucepan over medium heat. Add onion and diced celery, reduce heat to medium-low and cook, stirring occasionally, until translucent and very tender but not browned, about 10 minutes.
3. Meanwhile, cut oysters in half if large, depending on size. Pour the oyster liquid through a fine-mesh sieve to strain out any grit.
4. Stir salt and paprika into the cooked vegetables and stir for 1 minute more. Add the strained oyster liquid, milk, cream and hot sauce. Increase heat to medium/high and bring towards a slow boil.
5. **JUST BEFORE it boils**, reduce heat to a simmer and gently add the oysters. Cook just until their edges begin to curl, 2 to 3 minutes. Remove from heat. Season with pepper. Garnish with celery leaves and chives.

# Sweet Potato - Corn & Bacon Chowder



## INGREDIENTS:

- 1 **very** large sweet potato, cleaned, peeled and diced into small, even dice ( ½ ”)
- 1 lg sweet potato – cut in half lengthwise and baked
- ½ large, sweet onion, small ( ½ ”) dice
- 2 cups sweet corn, divided
- ½ lb thick cut nitrite-free/uncured bacon (OR turkey bacon)
- 1 cup chicken (OR veggie) stock/broth
- 2 cups 1% OR 2% milk
- ¼ cup half & half
- 2 TBSPS butter (**to add just before serving**)
- ½ tsp sea salt
- ½ to 1 tsp white pepper
- 1 tsp freshly ground nutmeg

## PREPARATION

1. Pre heat oven to 450°. Place the halved sweet potato and the cubes (in a single layer) onto a sheet or roasting pan that has been brushed with oil and sprinkled with a bit of salt and pepper. Check cubes after 20 minutes – they should be soft – NOT MUSHY – and browned on the outside. Remove and set aside when they are done. The halved potato will take a bit longer – that one we want to be soft and mushy! When it’s done – scoop out the potato and set aside in a small bowl.

2. While the sweet potatoes are roasting, cook the bacon in a frying pan (medium heat) until well browned and crispy (**NO WHITE FAT BITS!**) – then remove from pan to drain on paper towels. Wipe out all but about 1 tsp of the bacon grease and cook the onions until they are soft and translucent. Set aside. Crumble or chop the bacon into small bits and combine with onions.

3. Place the chicken stock and the spices in a large saucepan and simmer (low) for about five minutes. ADD 1 cup of the corn and simmer 5 minutes more. Stir in the scooped out sweet potato AND SLOWLY STIR IN the milk. Simmer for 10 minutes.

4. Puree the mixture with an immersion blender. THEN stir in the cubed sweet potatoes, the bacon and onion mixture and the remaining cup of corn. Simmer for about 10 minutes and remove from heat.

5. Stir in the butter and the half & half and serve.

# Corn Chowder Recipe

*Making soup is easier than you think and my corn chowder will make a delicious addition to your home menu.*

*Prep Time- 15 mins - Cook Time- 45 mins - Total Time: 1 hr*

*Based on recipe by: Chef Dennis Littley*

## INGREDIENTS

- ½ stick (4 TBSPs) unsalted butter
- ¼ cup olive or sunflower oil
- ½ cup all purpose unbleached flour
- 3 cups vegetable or chicken stock
- ¼ cup half and half
- 1 cup skim or 1% milk
- 1 carrots, small dice (about ½ cup)
- 1 stalk celery, small dice
- ½ cup leeks, thinly sliced
- 1 potato, unpeeled, small dice
- 1 ears fresh corn or frozen corn (1½ cups)
- Sea Salt and Pepper to taste
- pinch of thyme to taste
- 2 tsps paprika
- 1 tsp celery powder



## PREPARATION

1. Simmer the stock on low in a small saucepan while preparing rest of chowder.
2. In a medium sauce pan add butter and oil and allow butter to melt. THEN - Add vegetables and allow to sauté for about 5 minutes over med-high heat, until softened.
3. Add in the flour and **mix well**, turn down the heat to low and allow to simmer for about 5 or 6 minutes to let the flour cook. THEN - Add the hot stock to the roux (butter and flour mixture) and mix in well.
4. Add the milk, half & half and corn, reduce heat and allow to simmer for 20-30 minutes. IF the chowder appears too thick, thin it out with additional milk, stock or water.

**Nutrition** : Calories: 442kcal | Carbohydrates: 30g | Protein: 9g | Fat: 31g | Saturated Fat: 18g | Cholesterol: 88mg | Sodium: 379mg | Potassium: 623mg | Fiber: 2g | Sugar: 5g | Vitamin A: 3570IU | Vitamin C: 9.1mg | Calcium: 58mg | Iron: 3.1mg

# *Mexican Chicken Chowder*

## **INGREDIENTS**

- 2 TBSPs butter, melted
- 2 TBSPs all-purpose unbleached flour
- 1 lb red potatoes, unpeeled, diced (3 cups)
- 1 cup frozen sweet corn
- ½ cup finely diced carrot
- 1 green onion, thinly sliced, whites only
- 1 TBSP seeded and finely chopped jalapeño chile
- 3 boneless skinless chicken thighs, cut into bite-sized pieces
- 2 tsps Mexican spice blend
- 1 tsp cumin
- ½ tsp garlic powder
- 3 cups low sodium chicken or veggie broth
- ¼ cup half & half
- 1 cup skim or 1% milk
- 2 TBSPs chopped fresh cilantro leaves

## **PREPARATION**

1. In medium bowl, mix butter and flour. Add potatoes, corn, carrot, green onion and jalapeño chile; stir. In another medium bowl, mix chicken and seasoning.
2. In 4-quart saucepan, mix broth, vegetable mixture and chicken mixture. Heat to simmering over high heat, stirring occasionally. Reduce heat to medium-low; cook uncovered 10 to 12 minutes, stirring occasionally, until chicken is no longer pink in center and potatoes are tender. Stir in half & half and milk; return to simmering. Top with cilantro before serving.

# *Butternut Squash Bisque*



## INGREDIENTS

- 2 TBSPs sunflower, safflower or canola oil
- ½ medium onion, coarsely chopped
- 1 large garlic clove, sliced
- pinch of cayenne pepper
- Coarse salt
- ½ large butternut squash (about 2 pounds), cut in half
- pinch of sea salt and white pepper
- ¼ cup orange juice
- ½ cup reduced-sodium chicken broth or veggie stock
- 1 cup half & half
- 2 TBSPs butter to stir in before serving
- 2 TBSPs fresh dill, finely chopped
- OR**
- 1 tsp freshly grated nutmeg AND ¼ tsp white pepper
- low fat sour cream or non-fat Greek yogurt for serving

## PREPARATION

1. Preheat oven to 425°. Place prepared butternut squash half on a lightly oiled roasting or small sheet pan sprinkled with a bit of sea salt and white or black pepper. Roast for about 30 minutes, until squash is soft and mushy and ready to be scooped out. **SEEDS:** if you want to roast the (cleaned) seeds to garnish your bisque with, toast on a small sheet pan with oil, a bit of coarse salt and little sprinkle of cayenne pepper – for about 15 minutes at 300 °. (Just pop them in after your squash has finished roasting.)
2. In a large saucepan, heat oil over medium heat. Add onion, garlic and cayenne. Season with salt, and cook, stirring occasionally, until onion is softened, 5 to 7 minutes
3. Add the roasted squash, broth and half-and-half and bring to a **slow** boil. The second it boils, reduce to low heat and simmer 5 minutes. Stir in the orange juice and simmer 5 more minutes.
4. Puree with an immersion blender until smooth. Season with salt. Serve bisque with sour cream or Greek yogurt and/or garnish with the toasted seeds if you chose to do that!

# Veggie Stew

*Feel free to change up the veggies depending upon what's available.  
This stew is great served over brown rice.*

## INGREDIENTS

Servings 6 Units US

- 1 TBSP canola, grapeseed, sunflower or safflower oil
- 1 ½ cups sliced onions
- 2-3 garlic cloves, minced
- 1 cup carrot, cut into 1-inch-thick slices
- 1 cup celery, cut into 1-inch-thick slices
- 4 cups mushrooms (of choice), cut into quarters
- 1 medium sweet potato AND 2 medium Yukon Gold or Red Bliss potatoes, **unpeeled**, cut into 1-inch chunks
- 28 ounces tomatoes, **undrained**, coarsely chopped
- 2 cups cooked kidney(or black, chickpeas,etc) beans
- 1 8 ounce can (1 cup) tomato sauce
- 1 cup water
- 1 sprig fresh thyme
- 1 small sprig fresh rosemary
- 1 bay leaf
- 1 small pinch of ground chili flakes
- salt and pepper
- 3 TBSPs flour
- ¼ cup water
- ¼ cup red wine

## DIRECTIONS

1. Heat oil in a large, heavy saucepan over medium heat.
2. Add onions, garlic, carrots, celery, and mushrooms.
3. Cook 10 minutes, stirring frequently.
4. Add small amounts of water, if necessary, to prevent sticking.
5. Add remaining ingredients, except flour, 1/4 cup water, and wine.
6. Cover, reduce heat to low, and simmer 30 minutes, or until vegetables are tender.
7. Stir occasionally while cooking.
8. In a small bowl, gradually stir flour into 1/4 cup water until smooth.
9. Add to stew, along with wine.
10. Cook, stirring, 5 more minutes.
11. Remove and discard bay leaf before serving.

# ***Beef Stew***

***Serve with Soba (buckwheat) noodles for a little superfood boost.  
Buckwheat is a tasty, inexpensive superfood and it is gluten-free!***

## **INGREDIENTS**

Servings 5 Units US

- 1 ¼ lbs sirloin tip roast, cubed (You can also use “stew meat” –eye round, top chuck, etc, but you will need to cook these cuts )
- 2 large potatoes, cubed
- 3 carrots, sliced
- 1 onion, chopped
- 2 cups thickly sliced mixed crimini, shiitake & white mushrooms, sautéed in olive oil until lightly browned
- 1 tsp salt
- 1 tsp pepper
- 1 tsp mustard powder
- small pinch of ground chili flakes
- 1 TBSP Worcestershire sauce
- ½ cup flour
- 1 to 2 TBSPs olive oil
- 1 quart + 1½ cups beef broth or stock
- salt and pepper

## **DIRECTIONS**

1. In a medium mixing bowl put flour and tsp each salt and pepper, mix.
2. Toss the beef cubes in the flour until coated.
3. In a soup pot heat the olive oil over medium high heat until the oil blooms.
4. **Reserving the extra flour in the bowl**, add the meat to the soup pot and cook until the meat is browned on all sides.
5. Add carrot, onion, and potatoes to pot **sprinkling the remaining flour over the veggies** to coat.
6. Mix the meat, veggies, and flour thoroughly and cook for 3-4 minutes, or until veggies start to soften.
7. Add beef broth and bring to a boil.
8. Boil for 3 minutes, then reduce to medium/low for 5 additional minutes, then reduce to Low and simmer until veggies and meat are tender, about 20 minutes. Add the cooked mushrooms and worcestershire sauce, then simmer 2-3 minutes and season to taste with salt and pepper before serving.

***NOTE – SIMMERING TIME WILL VARY DEPENDING UPON THE CUT OF MEAT YOU USE. THE TOUGHER THE CUT, THE LONGER YOU COOK ON LOW, CHECKING FOR IT TO REACH THAT “MAGIC” POINT WHERE THE COLLAGEN HAS BROKEN DOWN AND IT IS NICE AND TENDER.***

## Tuscan beef stew (peposo)

*This stew made by the tilemakers of Florence's famous Santa Maria del Fiore Cathedral Duomo, is a simple stew of beef braised in wine, with loads of peppercorns and a head of garlic cloves. We added tomato paste and anchovies for meatiness, powdered gelatin for body, and shallots, carrots, and herbs for complexity.*

### INGREDIENTS

- 4 pounds boneless beef short ribs, trimmed and cut into 2-inch pieces
- Salt
- 1 TBSP vegetable oil
- 1 (750-ml) bottle Chianti
- 1 cup water
- 4 shallots, peeled and halved lengthwise
- 2 carrots, peeled and halved lengthwise
- 1 garlic head, cloves separated, **unpeeled**, and crushed
- 4 sprigs fresh rosemary
- 2 bay leaves
- 1 tsp ground pepper (fine)
- whole peppercorn grinder for serving
- 1 TBSP unflavored gelatin
- 1 TBSP tomato paste
- 1 tsp anchovy paste
- 2 tsps ground black pepper
- 2 tsps cornstarch



### PREPARATION

1. Toss beef and 1 & ½ tsps salt together in bowl and let stand at room temperature for 30 minutes. Adjust oven rack to lower-middle position and heat oven to 300 degrees.
2. Heat oil in large Dutch oven over medium-high heat until just smoking. Add half of beef in single layer and cook until well browned on all sides, about 8 minutes total, reducing heat if fond begins to burn. Stir in 2 cups wine, water, shallots, carrots, garlic, rosemary, bay leaves, cracked peppercorns, gelatin, tomato paste, anchovy paste, and remaining beef. Bring to simmer and cover tightly with sheet of heavy-duty aluminum foil, then lid. Transfer to oven and cook until beef is tender, 2 to 2 1/4 hours, stirring halfway through cooking time.
3. Using slotted spoon, transfer beef to bowl; cover tightly with foil and set aside. Strain sauce through fine-mesh strainer into fat separator. Wipe out pot with paper towels. Let liquid settle for 5 minutes, then return defatted liquid to pot.
4. Add 1 cup wine and ground black pepper and bring mixture to boil over medium-high heat. Simmer briskly, stirring occasionally, until sauce is thickened to consistency of heavy cream, 12 to 15 minutes.
5. Combine remaining wine and cornstarch in small bowl. Reduce heat to medium-low, return beef to pot, and stir in cornstarch-wine mixture. Cover and simmer until just heated through, 5 to 8 minutes. Season with salt to taste. Serve, passing extra cracked peppercorns separately. (Stew can be made up to 3 days in advance.)

# ***Smoky Pork and White Bean Stew***

*From Cook's Country | February/March 2014*

## **INGREDIENTS**

- 1 (12- to 16-ounce) pork tenderloin, trimmed and cut into 1-inch pieces
- Salt and pepper
- 3 TBSPs vegetable oil
- 1 onion, chopped
- 4 garlic cloves, minced
- 1 TBSP smoked paprika
- 1 (28-ounce) can crushed tomatoes
- 3 cups chicken broth
- 1 (15-ounce) can white beans, rinsed
- 1/4 cup chopped fresh parsley

## **PREPARATION**

1. Pat pork dry with paper towels and season with salt and pepper. Heat 2 TBSPs oil in Dutch oven over medium-high heat until just smoking. Add pork and cook until browned all over, 8 to 10 minutes. Transfer to plate.
2. Heat remaining 1 TBSP oil in now-empty pot over medium heat until shimmering. Add onion and cook until softened and beginning to brown, about 4 minutes. Add garlic and paprika and cook until fragrant, about 30 seconds.
3. Add tomatoes, broth, and pork and any accumulated juices and bring to simmer. Reduce heat to medium-low, cover, and cook until pork is just cooked through, about 8 minutes. Add beans and cook until heated through, about 5 minutes. Stir in parsley. Season with salt and pepper to taste. Serve.

# ***CROCK POT PORK STEW***

## **INGREDIENTS**

- About 2 pounds of pork (stew meat), trimmed and cut to fairly even “cubes”

### **FOR DRY RUB:**

- 1 TBSP mixed chili powders (ancho, chipotle, etc)\_
- 1 TBSP cumin
- 2 tsps garlic powder
- 1/4 tsp finely ground pepper
- 1 TBSP instant espresso powder
- 1/2 tsp sea salt
- juice of 1 lime

### **SAUTÉ JUST UNTIL BROWNED:**

- 1 small zucchini, diced (2”)
- 1 small onion, diced (2”)
- 1 red bell pepper, diced (2”)
- 2 cloves garlic, minced (OR 1 TBSP dried roasted garlic)

### **TO ADD INTO CROCKPOT:**

- 1 15ounce can diced tomatoes (with all the juice)
- ½ cup tomato puree
- 1 small dried chipotle pepper - whole - (do not cut)
- ½ cup orange lentils or yellow split peas
- 1 cup chicken broth

## **PREPARATION**

1. Mix together dry rub ingredients and toss with the cubes of meat, covering the meat completely. Place into a Ziploc bag, press out all of the air and marinate for 1-2 hours.
2. Dice veggies into about a 2” dice and sauté on high heat until veggies start to caramelize and take on some nice color. Remove from heat.
3. Pre-heat crockpot to highest setting. When your pork and veggies are ready, put into the crockpot with all of the remaining ingredients. Cook on High setting for 30 minutes, then turn down to low. Cook from 3 hours to overnight. (Overnight is definitely the best!)
4. Serve hot with your favorite rolls and a nice slaw!