

EVERYDAY LIFE



Make a meal in 1 pot

EatSmart JEAN CARPER

For health benefits, you can't top dried beans. They are rich in antioxidants and fiber and are low glycemic, helping to control blood sugar. If you don't use no-salt-added beans, rinse to remove sodium.

3-Bean Chicken Stew

- 1 Tb. canola oil
- 1³/₄ pounds boneless, skinless chicken breasts or thighs, cut into chunks
- 1 large yellow onion, chopped
- 14-ounce can fat-free, less-sodium chicken broth
- 3 15-ounce cans of no-salt-added beans (black, navy and kidney)
- 3 cups no-salt-added tomatoes
- 1 cup sliced celery
- 1 cup sliced carrots
- 1 cup dry red wine
- 1 large bay leaf
- 1 Tb. Italian herbs
- 1 cup smoked chicken breast, cubed
- 1 cup fresh Italian parsley, chopped
- 1 cup fresh cilantro, chopped
- Salt and freshly ground black pepper

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Heat oil in a large pot; brown chicken. Remove chicken and set aside. Sauté onions until soft, about 5 minutes. Add broth, beans, tomatoes, celery, carrots, wine, bay leaf, herbs and all chicken; cover and simmer for 40 minutes.

Add parsley, cilantro, salt and pepper, and simmer 5 more minutes.

SERVES 8 ■ PER SERVING: 361 calories, 39g protein, 32g carbohydrates, 6g fat (3g saturated), 75mg cholesterol, 12g fiber, 267mg sodium. **W**