



“Just Like Stew”

1 teaspoon Nucoa margarine
1/2 cup (65 grams) turnips
1/2 cup (60 grams) celery
1/2 cup (55 grams) carrots
1/2 cup (40 grams) cabbage
1 packet George Washington broth
1 Tablespoon tomato sauce
1 teaspoon Worcestershire
1/3 cup (uncooked) low protein rice
~4 cups water
1 Tablespoon cornstarch
seasoning: garlic salt, Greek seasoning, Mrs. Dash,
Garlic Garnie, Johnny’s, salt and pepper

Sauté **celery** and **turnips** in **Nucoa** for about 3 minutes. Add **1 cup water**.
Add **carrots** and **cabbage**. Cook for 15 minutes.
Add **rice** and **1 cup water**. Cook for 8 minutes.
Add **broth, Worcestershire, seasoning** and **tomato sauce**.
Add **cornstarch** mixed with **1/2 cup water** to stew to thicken.
Pour into a measuring cup. Add **warm water** to 4 cups.
(Makes 8 1/2 cup servings)

If you’re pressed for time, try this shortcut: Sauté vegetables in Nucoa. Add 3 - 3 1/2 cups water, rice, broth, Worcestershire, seasoning, and tomato sauce. Cook until vegetables are tender and rice is soft (about 25 minutes). Add cornstarch mixed with water to thicken.

Per recipe: 75 mg phe
Per 1/2 cup serving: 9 mg phe

Recipe contributed by Michaellynn Inglin

