

WORKING BARN STEW

6 servings

- 2 tablespoons olive oil
- 4~~+~~ boneless, skinless chicken breast halves, (about 1 pound), cut into 1-inch pieces
- 1 cup chopped onion
- ½ medium green bell pepper, chopped
- ½ medium yellow bell pepper, chopped
- 1 teaspoon chopped garlic
- 2 14½-ounce cans stewed tomatoes
- (2) 1 15-ounce can pinto beans, drained and rinsed
- ¾ cup purchased, medium picante sauce
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- ½ cup shredded cheddar cheese
- 6 tablespoons sour cream

In large stockpot, heat olive oil over medium heat. Add chicken, onion, bell peppers, and garlic and cook until chicken is no longer pink. Add tomatoes, beans, picante sauce, chili powder, and cumin. Reduce heat to low and simmer 25 minutes or up to 2 hours. Place in individual serving bowls and top with cheese and sour cream.

A filling, zesty family stew.
Photo, page 46.

10/05
2/06
Good change
Good
Dad had the recipe marked
9/30

3 tablespoons - 1

SCRIPPS COLLEGE

use Costco rotisserie chicken (add 5 min before end)
added kidney beans
used tomato sauce instead of stewed tomatoes
used salsa instead of picante
cooked 15 min before chicken

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Cavatappi With Spinach, Beans, and Asiago Cheese



CAVATAPPI WITH SPINACH, BEANS, AND ASIAGO CHEESE

For a simple dish, this contains many healthful ingredients, plus the flavors are complex. If you toss the spinach and Asiago cheese while the pasta is still warm, the spinach will wilt and the cheese will soften. When this happens, the flavors blend and become more pungent. This is peasant food at its best.

—Associate Food Editor Cynthia LaGrone

- 8 cups coarsely chopped spinach leaves
- 4 cups hot cooked cavatappi (about 6 ounces uncooked spiral-shaped pasta)
- 2 tablespoons olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 (19-ounce) can cannellini beans or other white beans, drained
- 2 garlic cloves, crushed
- ½ cup (2 ounces) shredded Asiago cheese
- Fresh ground black pepper (optional)

1. Combine all ingredients in a large bowl; toss well. Sprinkle with fresh ground black pepper, if desired. Yield: 4 servings (serving size: 2 cups).

CALORIES 401 (27% from fat); FAT 12g (sat 3.4g, mono 6.2g, poly 1.2g); PROTEIN 18.8g; CARB 54.7g; FIBER 6.7g; CHOL 10mg; IRON 6.4mg; SODIUM 464mg; CALC 306mg