

Sweet Potato Stew

Fresh Ways with Soups & Stews
Time-Life Books

Servings: 6

3 (1-1/2 to 2 pounds) sweet potatoes
2 tablespoons unsalted butter
1/4 cup shallot, finely chopped
1 teaspoon mustard seeds
1 small (12 ounce) rutabaga, peeled, sliced 1/2-inch thick and cut into 1-inch squares
2 (about 8 ounce) young turnips, peeled, sliced 1/2-inch thick and cut into 1-inch squares
12 ounces celeriac, peeled, sliced 1/2-inch thick and cut into 1-inch squares
3 cups unsalted veal, chicken or vegetable stock
2 tablespoons fresh lemon juice
1/2 teaspoon salt
2 cups (about 1 bunch) loosely packed parsley sprigs

Preparation Time: 40 minutes

Preheat the oven to 400 degrees. Prick each sweet potato with a fork. Bake the sweet potatoes until they are tender - about 45 minutes.

Meanwhile, melt the butter in a large, nonreactive, heavy-bottomed pot over medium low heat. Stir in the shallot and mustard seeds and cook them for one minute. Add the rutabaga, turnips and celeriac. Continue cooking, stirring frequently, for 10 minutes. Pour in 1-1/2 cups of the stock and the lemon juice. Sprinkle in 1/4 teaspoon of the salt. Bring the mixture to a boil, cover the pot and set it aside.

When the sweet potatoes are cooked, halve them lengthwise and spoon their flesh into a food processor or blender (eat the skins if you like). Puree' the potatoes with the remaining 1-1/2 cups of stock and the remaining 1/4 teaspoon of salt. Stir the puree' and the parsley sprigs into the mixture in the pot. Cook the stew over medium-low heat until the parsley is wilted and the stew is heated through - about 3 minutes.

Start to Finish Time: 1 hour

This stew is used as a meal side dish.

Per Serving (excluding unknown items): 143 Calories; 4g Fat (26.8% calories from fat); 3g Protein; 25g Carbohydrate; 4g Dietary Fiber; 10mg Cholesterol; 249mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	143	Vitamin B6 (mg):	.3mg
% Calories from Fat:	26.8%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	66.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.9%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	22mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	10mg	% Refuse:	n n%
Carbohydrate (g):	25g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	1
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	249mg	Vegetable:	1
Potassium (mg):	415mg	Fruit:	0
Calcium (mg):	58mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	28mg		
Vitamin A (i.u.):	14154IU		
Vitamin A (r.e.):	1436 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 143 **Calories from Fat:** 38

% Daily Values*

Total Fat	4g	7%
Saturated Fat	2g	12%
Cholesterol	10mg	3%
Sodium	249mg	10%
Total Carbohydrates	25g	8%
Dietary Fiber	4g	14%
Protein	3g	
Vitamin A		283%
Vitamin C		47%
Calcium		6%
Iron		6%

* Percent Daily Values are based on a 2000 calorie diet.