

PKU Vegetable Stew (from CanPKU News Issue no. 3, March 2011)

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A quick, tasty stew great for cold winter days! Measure out all the ingredients and simply boil until vegetables are tender. Then add 2 tbsp of corn starch mixed with a little cold water to thicken.

Makes approx. 4 servings at 61 mg or 4.08 exchanges of phe each.



INGREDIENTS

- 60g potatoes
- 36g mushrooms
- 80g carrots
- 46g celery
- 56g onion
- 56g asparagus
- 80g Campbell's condensed tomato soup
- 2 packages of G. Washington's Rich Brown Seasoning and Broth
- 3 cups of water

- salt & pepper to taste