

Vegetable Kare-Kare (Peanut Stew)

From the National Heart, Lung and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=18&cId=6&rId=265>

Note: This is a traditional Filipino stew. All of the Asian ingredients can be found at an Asian grocer. Banana hearts or blossoms can be found canned or dried. If you decide to use the dried blossoms, make sure to soak them in cold water for 10 minutes before using.

Kare-kare is also traditionally served with bagoong (salty fermented shrimp paste) on the side but this is completely optional.

Ingredients

- 2 tablespoons corn oil
- 9oz (250g) gluten or seitan cubes
- 2 cloves garlic, crushed
- 1 medium onion, sliced
- ½ cup ground peanuts
- ¼ cup ground toasted rice
- Atsuete (optional) – soak 1 tablespoon of annatto seeds in ½ cup of water for 30 mins; add the liquid (not the seeds) to the recipe.
- ¼ teaspoon salt
- 7oz (200g) eggplant, sliced
- 3½ oz (100g) string beans, sliced
- 5 oz (150g) banana heart or blossoms
- 3½ oz (100g) bok choy/pechay, sliced

Instructions

To make ground toasted rice

1. Place approximately ½ cup of rice in a frying pan or wok over moderate heat. Stir frequently to keep it from burning and allow it to develop a uniform, deep golden color. This will take approximately two to three minutes. Remove from heat and cool to room temperature.
2. Grind the toasted rice coarsely in a blender, or spice or coffee grinder.

To make the stew

1. Heat the corn oil in a large skillet. Sauté the gluten/seitan, then add the garlic and onion.
2. Add enough water to cover gluten. Then add the ground peanuts and ground toasted rice and simmer to thicken.
3. Add atsuete for coloring (if using) and season with salt.
4. Turn heat to low and layer the vegetables in the pot in this order: eggplant, string beans, banana heart and bok choy (or pechay) should go in last and sit on top of the other

vegetables. Cook until vegetables are tender then mix the vegetables into the stew before serving.

Makes 6 servings

Nutrition information per serving

Calories: 300	Dietary Fiber: 4g
Total Fat: 12g	Sodium: 125 mg
Saturated Fat: 2g	Protein: 36g
Cholesterol: 0mg	Carbohydrates: 20g