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Our Heart "Beets" Plant Strong

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Irish Stew

Ingredients:

- ½ head of chopped cabbage
- 4 medium potatoes chopped
- 4 medium carrots chopped
- 3 small onions
- 3 stalks of celery chopped
- 1 can drained and rinsed butter beans
- 1 tablespoon yellow miso
- 1 teaspoon of black pepper

Slow Cooker:

All of the ingredients can be added to a slow cooker covering the vegetables with water and set to high for 6 hours. The other option is to do this recipe in the instant pot.

Instant pot:

Place all ingredients in the Instant Pot and cover with water about an inch over the vegetables. Bring to pressure for 6 minutes and then release. Add the rinsed butter beans and cook for simmer for 10 minutes and serve.

**We serve this with a side salad of sliced pickled beets, chopped onion and cucumber with apple cider vinegar.*

**The cabbage and beets provide you with the building blocks of nitric oxide production. The carrots and onions are rich in antioxidants to decrease inflammation and fight cancer. The beans and potatoes are a rich source of protein and fiber.*

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories	200
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 437 mg	18 %
Potassium 1130 mg	32 %
Total Carbohydrate 38 g	13 %
Dietary Fiber 9 g	34 %
Sugars 7 g	
Protein 7 g	14 %
Vitamin A	142 %
Vitamin C	103 %
Calcium	11 %
Iron	15 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	