



World
Cancer
Research
Fund



SIMPLE STEWS

Warming meals full of flavour



Dear supporter,

Thank you for choosing World Cancer Research Fund's cookbook,
Simple Stews.

Traditionally, stews and casseroles are meat-heavy and rich but, with a few simple tweaks, they can be transformed into delicious healthy meals that will help you towards your 5 A DAY without weighing you down.

Simple Stews is your easy-to-follow guide to creating tasty and satisfying meals that will inspire you to eat well and stay a healthy weight during the cooler months.

The recipes in this cookbook have been designed to follow World Cancer Research Fund's Cancer Prevention Recommendations (see page 16) and to show you how easy and delicious it can be for you to follow them too.

We hope you enjoy this cookbook. Please share it with your family and friends, and help spread our cancer prevention message – together, we can!

Yours faithfully,

A handwritten signature in black ink that reads "Marilyn Gentry". The signature is fluid and cursive, with a long horizontal line extending from the end of the name.

Marilyn Gentry

Founder

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Nutrition information: Our nutrition information is calculated by qualified nutritionists and is based on readily available products that contain the lowest possible amount of salt, fat and sugar. This information is to be used as a guide and may vary depending on what products you use. Try to choose foods that contain no added salt or sugar, and opt for low or reduced-fat, salt and sugar versions where possible. If you adjust the recipes using our top tips, the nutrition information will no longer be accurate.

Kale and Lentil Stew



Ingredients (serves 2):

- 1 tablespoon olive oil
- 1 medium onion, diced
- 1 clove garlic, finely diced
- 1 carrot, diced
- 3 sprigs fresh thyme
- 100g dried green or puy lentils, rinsed
- 300ml reduced-salt vegetable stock
- Freshly ground black pepper
- 200g kale, chopped
- ½ red pepper, diced

Method:

Warm the oil in a large non-stick saucepan and cook the onion gently until softened but not browned. Then add the garlic, carrot and thyme; and cook for a further 2 minutes.

Stir in the lentils and stock. Season with black pepper. Bring to the boil for 2 minutes. Reduce to a simmer, spoon off any foam on the surface and cover the saucepan.

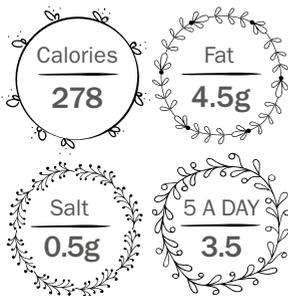
Simmer gently for 35 minutes, adding water as necessary. Add the kale and simmer for a further 10 minutes, before adding the red pepper and cooking for a final 5 minutes, until the lentils and kale are cooked. Remove sprigs of thyme before serving.

Serving suggestions:

Serve as a light lunch with a dollop of fat-free Greek yoghurt and fresh wholemeal bread. Alternatively, serve as a tasty side with a grilled skinless chicken breast or a fillet of fish.

Top tip:

This stew can be blended to make a thick, smooth soup.





Kentish Pork Casserole



Ingredients (serves 2):

1 teaspoon olive oil
.....
240g pork fillet, fat removed,
and diced
.....
1 medium onion, finely sliced
.....
1 red pepper, sliced lengthways
.....
2 tablespoons water
.....
160g button mushrooms, brushed
and halved
.....
2 level teaspoons plain flour
.....
1 tablespoon wholegrain mustard
.....
150ml reduced-salt chicken stock
.....
60ml pure apple juice
.....
Freshly ground black pepper
.....
¼ teaspoon dried sage
.....
1 tart eating apple, such as
Granny Smiths, cored and sliced
in rings (place in water with a
little lemon juice until needed,
to prevent browning)
.....

Method:

Preheat the oven to 180°C/Fan 160°C.

Warm the oil in a non-stick pan and gently fry the pork until lightly browned on all sides. Transfer to a covered, ovenproof casserole dish.

Add the onion and red pepper to the pan with the water and cook gently for 5 minutes until softened but not browned. Add the mushrooms and cook for a further 2 minutes.

Add the flour and mustard to the stock and apple juice; and mix. Gradually pour into the pan with the vegetables and bring to the boil, stirring continuously.

Pour the cooked vegetables and stock over the pork; and season with black pepper and sage. Lay the apple slices on the top. Cover the casserole, place in the oven and cook for 40 minutes.

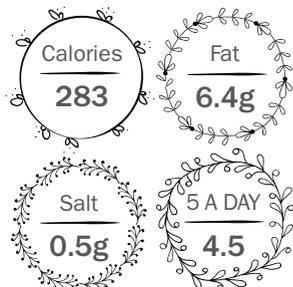
Uncover the casserole and cook for a further 20 minutes, or until the pork is cooked through.

Serving suggestion:

Serve with crushed new potatoes.

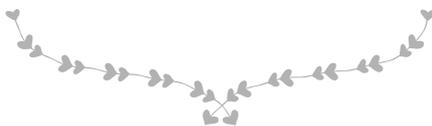
Top tip:

Instead of pork, try skinless turkey or chicken breast in this recipe.





Winter Vegetable Minestrone



Ingredients (serves 2):

- 100g dried wholemeal pasta
- 1 teaspoon olive oil
- 1 medium red onion, diced
- 1 stick celery, cut into bite-size cubes
- 1 large carrot, cut into bite-size cubes
- 1 small parsnip, cut into bite-size cubes
- ½ teaspoon paprika (optional)
- 1 clove garlic, finely diced
- 300ml reduced-salt vegetable stock
- 227g can chopped tomatoes
- Freshly ground black pepper
- 80g baby spinach

Method:

Cook the pasta as instructed, until al dente (cooked but still has a bite). Drain, rinse in cold water and set aside until needed.

Warm the oil in a non-stick pan and gently fry the onion and celery for 3–4 minutes, until they begin to soften. Add the carrot and parsnip; and cook for a further 3 minutes, stirring continuously.

Add the paprika and garlic, stir and cook for 1 minute. Add the stock, chopped tomatoes and black pepper; and bring to the boil. Reduce the temperature, cover and simmer gently for 10 minutes.

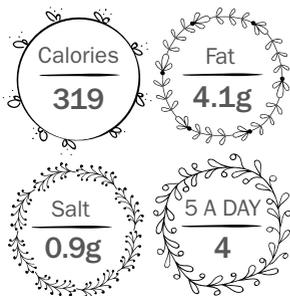
Add the pasta and continue cooking for 2–3 minutes or until the vegetables are tender. Remove from the heat. Stir in the spinach and serve.

Serving suggestions:

Serve on its own or with some cooked prawns (add with the pasta, 2–3 minutes before the end of cooking), to make a more substantial meal.

Top tip:

Other root vegetables, such as swede and squash also work in this recipe.





Sweet and Smoky Pulled Chicken 'n' Slaw

Ingredients (serves 4):

Pulled chicken:

4 chicken breasts, skinless
(about 120g each)

200g passata

150ml pure apple juice

2 teaspoons runny honey

1 tablespoon cider vinegar

1 tablespoon wholegrain mustard

1 teaspoon smoked paprika

Freshly ground black pepper

1 tablespoon cornflour

2 tablespoons water

1 medium onion, finely sliced

2 cloves garlic, minced

Coleslaw:

¼ small red cabbage

¼ small white cabbage

5 radishes

1 small yellow pepper

½ red onion

1 small carrot, grated

Dressing:

1 tablespoon white wine vinegar

1 teaspoon runny honey

3 tablespoons fat-free Greek yoghurt

Handful dill, finely chopped

Method:

Preheat the oven to 200°C/Fan 180°C.

Place the chicken breasts in a casserole dish. To make the sauce, mix together the passata, apple juice, honey, vinegar, mustard, smoked paprika and black pepper. In a separate bowl, combine the cornflour with the water to form a paste, and then add to the sauce and stir.

Add the onion and garlic to the sauce, and spoon over the chicken, covering completely.

Cover the casserole dish, and place in the oven. Bake for 45 minutes, then remove the lid and cook for a further 15–20 minutes, so the sauce can thicken.

Remove the casserole dish from the oven. Shred the chicken with a fork and stir to coat with the sauce. If the sauce is too thin, remove the chicken and pour the sauce into a small pan. Combine a tablespoon of cornflour with water, as above, and stir into the sauce. Allow to simmer – stirring occasionally – for about 5 minutes or until the sauce thickens. Then shred the chicken into the sauce.

For the coleslaw, finely chop the vegetables and combine in a large bowl.

Add the dressing ingredients to a bowl and whisk, then drizzle over the vegetables. Mix well.

Serving suggestions:

Serve the chicken with a large spoonful of coleslaw in a wholegrain bun or baked potato, served with a large green salad.





Hunter's Chicken Casserole



Ingredients (serves 2):

- 1 teaspoon olive oil
- 2 chicken breasts, skinless (about 120g each)
- 1 small red onion, diced
- 1 small red pepper, sliced lengthways
- 1 small courgette, sliced
- 1 medium carrot, sliced
- 1 clove garlic, finely diced
- 1 teaspoon smoked paprika (optional)
- 1 tablespoon tomato purée
- 227g can chopped tomatoes
- 100ml reduced-salt chicken stock
- Freshly ground black pepper
- 4 basil leaves, roughly chopped

Method:

Preheat the oven to 160°C/Fan 140°C.

Warm the oil in a non-stick pan, and cook the chicken for 5 minutes until browned on all sides. Transfer to a covered ovenproof dish.

Add the onion, pepper, courgette, carrot, garlic and paprika to the same pan and cook over a low heat for 5 minutes, until the vegetables are softened but not browned.

Add the tomato purée, chopped tomatoes and stock to the vegetables and bring to the boil. Season with black pepper. Pour the vegetables over the chicken, cover and place in the oven.

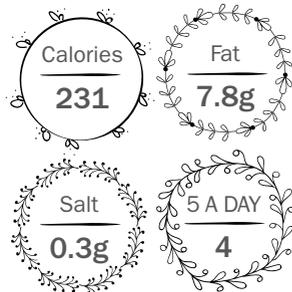
Cook in the oven for 60 minutes or until the chicken is cooked through. Remove from the oven and stir through the basil before serving.

Serving suggestion:

Serve with peas (fresh, frozen or canned, in water) and new potatoes.

Top tip:

If you make more than you need, why not freeze the leftovers as individual portions for a quick and healthy meal at a later date? Use within 1 month.





Haddock and Bean Chowder



Ingredients (serves 2):

-
1 teaspoon olive oil
-
1 small leek, thinly sliced
-
1 clove garlic, finely diced
-
1 small courgette, diced
-
6 medium-sized new potatoes, quartered
-
198g can salt-free sweetcorn, drained
-
500ml skimmed milk
-
¼ teaspoon salt (optional)
-
1 bay leaf
-
¼ teaspoon cayenne pepper (optional)
-
Freshly ground black pepper
-
200g haddock (or other white fish), skinless, cut into bite-size pieces
-
400g can beans, such as haricot, flageolet, cannellini, or butter beans, drained and rinsed
-
Handful fresh parsley, chopped
-
½ lemon, cut into wedges

Method:

Preheat the oven to 180°C/Fan 160°C.

Warm the oil in a non-stick pan and gently fry the leek and garlic for 2 minutes. Add the courgette and fry for a further 2 minutes.

Add the potatoes, sweetcorn, milk, salt, bay leaf, cayenne pepper and black pepper; and bring to the boil. Carefully pour into an ovenproof dish, cover and place in the oven for 15 minutes.

Remove from the oven. Gently stir in the fish and beans; cover and return to the oven for a further 15 minutes or until the fish is cooked and the vegetables are tender.

Gently stir in the parsley. Transfer to a serving dish and garnish with a lemon wedge.

Top tip:

You could also use frozen fish or fish pie mix in this recipe. If cooking fish from frozen, remember to increase the cooking time by 10–15 minutes.







Turkey, Butternut Squash and Barley Casserole



Ingredients (serves 4):

- 2 teaspoons olive oil
- 1 green pepper, diced
- 1 large onion, diced
- 240g pearl barley, rinsed and drained
- 1 teaspoon dried sage
- Freshly ground black pepper
- 550ml reduced-salt chicken stock
- 1 butternut squash peeled, deseeded, and cut into bite-size cubes
- 450g cooked or leftover turkey breast, cubed

Method:

Warm the oil in a non-stick pan and cook the pepper and onion for 2 minutes. Add the barley, sage and black pepper; and stir well. Add the stock and bring to the boil. Reduce the heat, cover and simmer for 40 minutes.

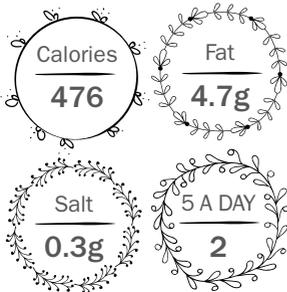
Add the butternut squash and continue to simmer for 10 minutes. Then add the turkey and simmer for a further 5 minutes, or until the squash is tender. Add water if required.

Serving suggestion:

Serve with a side of steamed green vegetables.

Top tip:

This recipe is great for using up leftover turkey or chicken.





Cancer Prevention Recommendations



Be a healthy weight

Keep your weight within the healthy range and avoid weight gain in adult life



Be physically active

Be physically active as part of everyday life – walk more and sit less



Eat a diet rich in wholegrains, vegetables, fruit and beans

Make wholegrains, vegetables, fruit, and pulses (legumes) such as beans and lentils a major part of your usual daily diet



Limit consumption of 'fast foods' and other processed foods high in fat, starches or sugars

Limiting these foods helps control calorie intake and maintain a healthy weight



Limit consumption of red and processed meat

Eat no more than moderate amounts of red meat, such as beef, pork and lamb. Eat little, if any, processed meat



Limit consumption of sugar-sweetened drinks

Drink mostly water and unsweetened drinks



Limit alcohol consumption

For cancer prevention, it's best not to drink alcohol



Do not use supplements for cancer prevention

Aim to meet nutritional needs through diet alone



For mothers: breastfeed your baby, if you can

Breastfeeding is good for both mother and baby



After a cancer diagnosis: follow our Recommendations, if you can

Check with your health professional what is right for you

Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk.

Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases.

About us

World Cancer Research Fund is the leading UK charity dedicated to the prevention of cancer. Our mission is to champion the latest and most authoritative scientific research from around the world on cancer prevention and survival through diet, weight and physical activity so that we can help people make informed lifestyle choices to protect themselves against cancer.

Currently, one in two people born in the UK after 1960 will develop cancer at some point in their lives, but around 40 per cent of cancer cases could be prevented. By following our Cancer Prevention Recommendations, choosing not to smoke (or giving up smoking) and being safe in the sun, you will have the best chance of living a life free from the disease.

The cornerstone of our research programme is our Continuous Update Project (CUP). It's the world's largest source of scientific research on cancer prevention and survival through diet, weight and physical activity. A panel of world-renowned independent experts review the scientific research to develop Cancer Prevention Recommendations based on the best evidence. Find out more: wcrf-uk.org/our-research

Contact us

We're always looking for ways to improve the information we provide. If you have any comments or suggestions about any aspect of this booklet or our other health information, please contact us at resources@wcrf.org with your feedback.



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