

Vegetable *Kare-Kare* (Peanut Stew) Recipe

9 ounces (250 grams)	gluten or seitan,* cubes	<ol style="list-style-type: none"> 1. Saute gluten cubes in corn oil. Add garlic and onions. 2. Pour enough water to cover gluten, and add ground peanuts and ground rice to thicken. 3. Add <i>atsuete</i> for coloring, and season with salt. 4. Add the eggplant, then string beans, then banana, then bok choy (<i>pechay</i>). 5. Place on top of the cooked gluten.
1	onion, medium, sliced	
2 cloves	garlic, crushed	
2 tablespoons	corn oil	
½ cup	ground peanuts	
¼ cup	ground toasted rice†	
¼ teaspoon	salt	
3.5 ounces (100 grams)	string beans, sliced	
7 ounces (200 grams)	eggplant, sliced	
5 ounces (150 grams)	banana heart or bud	
3.5 ounces (100 grams)	bok choy (<i>pechay</i>), sliced	

* Gluten is made from protein that is in a variety of grains, such as wheat and rye, and is mixed with water and kneaded. A form of wheat gluten, seitan, goes through the process and is sold as strips or in cans at health food stores and Asian supermarkets.

† To make ground, toasted rice: Place rice, ½ cup at a time, in a frying pan or wok and heat over moderate heat, stirring frequently to keep it from burning and to allow it to develop a uniform, deep golden color—2 to 3 minutes. Then remove it from heat and cool to room temperature. Grind the toasted rice coarsely—not finely grounded—in a blender, or spice or coffee grinder.

Quick Facts

This version of vegetable *kare-kare* is healthier than the traditional Filipino dish because:

- It does not contain cholesterol because it uses the protein product gluten instead of oxtails or other meat.
- It includes a lot of vegetables and fruit.
- The rich, nutty sauce has only a small amount of sodium.

Yield:	Serving size
6 servings	
Calories	300 kcal
Total Fat	12 g
Saturated Fat	1.5 g
Cholesterol	0 mg
Sodium	125 mg
Total Fiber	4 g
Protein	36 g
Carbohydrates	20 g
Potassium	320 mg

Source: *PHC Alive Diet*, Division of Nutrition and Dietetics, Philippine Heart Center, East Avenue, Quezon City, Philippines, page 91.