

## BEAN POTATO STEW

### *Ingredients:*

- 1 cup beans, chopped
- 2 medium potatoes, peeled and cubed
- 2 medium carrots, peeled and diced
- 2 large tomatoes, peeled and diced
- 1 small onion, chopped
- 2 garlic cloves, minced
- ½ cup olive oil
- 2 cups vegetable (or chicken) broth
- 1 tsp chili powder
- 1 tsp paprika
- 1 tsp salt
- 1 tsp pepper
- Other spices (optional)



**Tip:** roast the spices before adding to the stew for added flavour. Rosemary and thyme are good additions to stews.

### *Instructions:*

- Boil water in a medium pot. Throw in the potatoes and carrots. Lower heat and cook until tender.
- Pour olive oil into a separate, medium sized pot. Turn heat on low-medium temperature.
- Sauté onions and garlic for a few minutes, stirring frequently.
- Add tomatoes to the saucepan and keep stirring until broken down.
- Add chili powder, paprika, pepper and any other spices. Mix.
- Add the potatoes and carrots.
- Pour the broth and bring to another boil. Add the beans.
- Simmer for about 10 minutes. Add the salt last.

Serves 4

### **Good to know**

Stews are a thicker version of soups, but are as nutritious and filling.