

LOVE THY CARROT

real food made with love

THE FORGIVING STEW

This recipe makes 6 servings

You can make it however you want! More soup-like add more water, if you want it thick add more tomato paste.

INGREDIENTS

olive oil for sauteing

1 medium-sized white or yellow onion, diced

2 stalks of celery, diced

1/2 pound of mushrooms, sliced

2 cloves of garlic, chopped

1/2 of a zucchini, diced

2 carrots, diced

1 28 oz (or 796 mL) tin of diced or chopped tomatoes

1 tin (156 mL) of tomato paste

2 tins of water, (use the tin of tomatoes to measure the water)

1 pound of ground chicken or turkey or beef preferably grass-fed or organic, (for your meat eaters)

1 tin of beans, (any beans you have in the pantry)

2 cups of chopped kale, swiss chard or spinach, chopped into bite sized pieces (you can use any kind of kale, we used red kale in this recipe because it looked nice)

2 cups green cabbage, chopped into bite-sized pieces

1 tbsp of marjoram

1/2 tbsp of thyme

1 tbsp of salt (or more to taste)

pinch of red chilli flakes

1 bay leaf

DIRECTIONS

1. In a large soup pot heat about 3 tablespoons of olive oil over medium heat. Add in the onion, celery and mushrooms. Cook, stirring often until the onion has softened, then add in the garlic.
2. If you are using ground meat now is the time to add to the pot. Cook until the meat is well browned.
3. Add the zucchini and carrots, tomato paste, tin of tomatoes, water, beans, cabbage, and all the spices. (Do not add the chopped greens at this time).
4. Raise the heat and bring the mixture to a boil, then partially cover the pot and reduce heat to maintain a gentle simmer.
5. Cook for about 40 minutes, then remove the lid and add the chopped greens. Cook for another 10 minutes or until the greens have softened.
6. Taste and adjust seasonings.

OPTIONAL ADD - INS

A tablespoon or two of organic vegetable bouillon powder. This is a great pantry staple.

I like [Harvest Sun Organic Bouillon Powder](#).

Kombu, one strip. It adds a natural saltiness and any seaweed is good for you. Take out the Kombu once soup is cooked and discard.

Splash of red wine - I usually do red wine but today I had white wine, so that's what I used. I keep the red wine frozen in the freezer so it's available this stew!

A big grind of Parmesan cheese or for vegans I love Bragg's Nutritional Yeast or daiya cheese.

C O O K S N O T E S

I like to taste as I go along for salt, pepper, etc.

You could use one or two tins of beans.

If you have any leftovers, it will thicken up and you may need to add more water or broth to thin out.

Store any leftovers in the fridge.