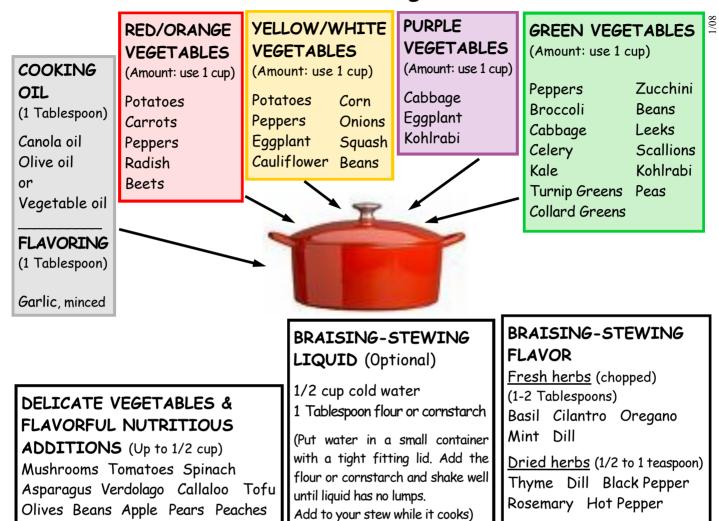
Braised "Rainbow of Vegetables" Stew



- 1. GET READY! Choose one or more vegetables from each color group. Vegetables can be fresh, frozen or canned. Cut vegetables into thick pieces 1 to 2 inches wide and long.
- 2. GET THE POT HOT! Heat oil in a large skillet over medium heat. Add garlic.
- 3. ADD VEGETABLES and STIR! Add vegetables. Cook and stir for 3 minutes.
- 4. ADD FLAVOR and STEW! Choose 1 to 2 seasonings/herbs to create different tastes. Cover pan, lower the heat, and allow to cook for 15 minutes until vegetables are tender. If stew gets too dry, add a little water. If you like your stew with a broth, add the braising-stewing liquid before you cover the pot.
- **5. ADD VARIETY!** Choose 1 or more delicate vegetables or flavorful nutritious additions to create different recipes. Add 1-2 minutes before removing from heat.