


Braised "Rainbow of Vegetables" Stew

COOKING OIL (1 Tablespoon) Canola oil Olive oil or Vegetable oil	RED/ORANGE VEGETABLES (Amount: use 1 cup) Potatoes Carrots Peppers Radish Beets	YELLOW/WHITE VEGETABLES (Amount: use 1 cup) Potatoes Corn Peppers Onions Eggplant Squash Cauliflower Beans	PURPLE VEGETABLES (Amount: use 1 cup) Cabbage Eggplant Kohlrabi	GREEN VEGETABLES (Amount: use 1 cup) Peppers Zucchini Broccoli Beans Cabbage Leeks Celery Scallions Kale Kohlrabi Turnip Greens Peas Collard Greens
	FLAVORING (1 Tablespoon) Garlic, minced			
DELICATE VEGETABLES & FLAVORFUL NUTRITIOUS ADDITIONS (Up to 1/2 cup) Mushrooms Tomatoes Spinach Asparagus Verdolago Callaloo Tofu Olives Beans Apple Pears Peaches	BRAISING-STEWING LIQUID (Optional) 1/2 cup cold water 1 Tablespoon flour or cornstarch (Put water in a small container with a tight fitting lid. Add the flour or cornstarch and shake well until liquid has no lumps. Add to your stew while it cooks)		BRAISING-STEWING FLAVOR <u>Fresh herbs</u> (chopped) (1-2 Tablespoons) Basil Cilantro Oregano Mint Dill <u>Dried herbs</u> (1/2 to 1 teaspoon) Thyme Dill Black Pepper Rosemary Hot Pepper	

- 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.