


# Soups - Stews



**Sopas**

**Estofados**

# How many different vegetables can you put into stew?

<b>COOKING OIL</b> (1 Tablespoon) Canola oil Olive oil or Vegetable oil	<b>RED/ORANGE VEGETABLES</b> (1 cup) Potatoes Carrots Peppers Radish	<b>YELLOW/WHITE VEGETABLES</b> (1 cup) Potatoes Peppers Eggplant Cauliflower	<b>PURPLE VEGETABLES</b> (cup) Cabbage Eggplant Kohlrabi	<b>GREEN VEGETABLES</b> (1 cup) Peppers Broccoli Cabbage Celery Kale Turnip Greens Collard Greens	Zucchini Beans Leeks Scallions Kohlrabi Peas
					
<b>FLAVORING</b> (1 Tablespoon) Garlic, minced					

<b>DELICATE VEGETABLES &amp; FLAVORFUL NUTRITIOUS ADDITIONS</b> (Up to 1/2 cup) Mushrooms Tomatoes Spinach Asparagus Verdolago Callaloo Tofu Olives Beans Apple Pears Peaches	<b>BRAISING-STEWING LIQUID (Optional)</b> 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	<b>BRAISING-STEWING FLAVOR</b> <u>Fresh herbs</u> (chopped) (1-2 Tablespoons) Basil Cilantro Oregano Mint Dill <u>Dried herbs</u> (1/2 to 1 teaspoon)
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- 1. GET READY!** Choose one or more vegetables from each color group.  
**Cut vegetables into thick pieces 1 to 2 inches wide and long. Stews and soups cook for a long time and small pieces overcook.**
- 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.