**Vegetable Stew**

Servings: 25

Prep Time: 10 minutes

Cook Time: 3 hours

Total Time: 3 hours, 30 minutes

Equipment Needed:

Large Pot, Knife, Large Spoon

Ingredie*nts:*

*Roux* ~

5 Tablespoons Extra Virgin Olive Oil

1 Tablespoon Oregano

1 Tablespoon Basil

1 Tablespoon Paprika

1 Tablespoon Parsley

1 Tablespoon Thyme

1 Tablespoon Onion Powder

1 Tablespoon Garlic Powder

1 Tablespoon Crushed Garlic

½ Tablespoon Cayenne

2 Tablespoons Sea Salt OR Pink Himalayan Salt (1 Tablespoon if you High Cholesterol)

6 Medium Large Potatoes

Frozen Vegetables-

\*Special note: Use mixed vegetables, like “carrots and peas”, “Chinese stir fry vegetables” and mix it up with 1 pound packets of frozen vegetables like “corn”. This will be your unique stew, this is your time to achieve your unique flavor with your favorite vegetables!

       Pearl Onions Peas

       Carrots Cauliflower

       Bell Pepper Corn

       Okra Broccoli

       Squash Zucchini

       Snow Peas

Directions:

1. Coat a pan with Olive Oil and add all the seasonings on low heat.

2. Meanwhile, cut up 6 Potatoes (cubed) and add to the pot. Turn the heat to Medium.

3. Turn the potatoes, coating the oil with the Roux, stirring till tender (approximately 10 minutes). You should smell the aroma as you turn the potatoes.

4. Add frozen vegetables, till water is covered (about 2 inches shy of top OR add 4 cups water), stirring for 1 hour.

5. For the next 2 hours, turn heat to Low (2 out of a 10), simmering the stew and allowing the seasonings marinate in its juices.

6. Eat and Enjoy!

NOTE: We use a “lobster pot” which is about 2 ft x 2 ft. It makes about 3 large containers once cooked, so we freeze the extras. We use about 15 packets of frozen vegetables.

NOTE: If water is getting low, add 2-4 cups more water. It takes a while for frozen vegetables to get hot in the pot.