



VEGETABLE STEW



Recipe created by Dominic Guerin

Ingredients

- 42 oz beef broth
- 14 oz tomato sauce
- 1/2 tbsp onion powder
- 1/2 tbsp garlic powder
- 1 tsp salt
- 1 tsp black pepper
- 1 bay leaf
- 1 tbsp Worcestershire sauce
- 1 tbsp lemon juice
- 3 medium carrots
- 2 medium potatoes
- 1 medium summer squash
- 1 cup fresh peas

Directions:

1. Combine broth, tomato sauce, Worcestershire sauce, lemon juice and spices and simmer on medium heat.
2. Chop vegetables to desired shape and size.
3. Add potatoes and carrots and cook for 10 minutes.
4. Add squash and peas and cook until all vegetables are tender (~30-45 min). Serve hot.

NUTRITIONAL INFORMATION

Serving Size: 1 Cup
Servings per recipe: 10

Amount Per Serving:
Calories: 110
Total Fat: 2g
Carbohydrate: 19g
Protein: 4.5g
Fiber: 3.5g
Calcium: 30.5mg
Iron: 1mg
Vitamin A: 138µg
Vitamin C: 9mg

FUN NUTRITIONAL FACT!

Carrots are an excellent source of beta-carotene, which is converted to vitamin A in the body. Vitamin A is necessary for proper functioning of the eyes and the immune system.

Bartimeus P. *Vegetables: The Top 100 Healing Foods*. London: Duncan Baird Publishers; 2009.

