



Hootenanny Stew



A hootenanny usually refers to music. It is a time for musicians to come together and play for enjoyment. Why not do the same when making a hearty vegetarian bean stew? Willy-nilly, just use any veggies you have on hand that harmonize with each other. The suggested seasonings added a tasty sparkle to the stew.

Place these ingredients in separate bowls.

½ cup green pepper, chopped
½ cup sweet red onion,
chopped
1 cup cauliflower or broccoli,
broken into bite-size pieces

2 cups carrots, sliced into
chunks
2 stalks celery, sliced into
chunks
3 small potatoes, cut into ½
cubes

Place these spices in a drinking cup:

1 tsp. thyme
½ tsp. basil
½ tsp. oregano
1 tsp. garlic powder

1 dashes Tabasco (or to taste)
Suggestion: add 1 tsp. Justice
Panko seasoning
Or 1 tsp. mixed seasoning (your
choice)
Prep 3 cups hot water; add one
bouillon cube.

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1. In a Dutch oven, heat 2 tbsp. olive oil.
 2. Then add, saute, and stir in one veggie at a time, adding salt as you wish.
 3. Gradually add ¼ broth as you see the need for moisture.
 4. Add potatoes, then spices. Add the remaining broth and a dash of salt.
 5. Then add 1 can of kidney beans (13-15 oz. can) and rinse.
 6. Gradually add beans. Saute, stir, mix well till spices are mixed in.
 7. Mix well. Heat to boiling then lower heat to simmer.
 8. Cook 30 minutes, stirring occasionally until veggies are tender.
 9. Enjoy...with a bit of harmonizing music!