

Greek Style Veggie & Bean Stew



Preparation time: 75 min

Difficulty: Easy

Ingredients

- 16 ounce cans of chickpeas or white beans, rinsed and drained.: 2
- 26.46 box of Pomi Chopped Tomatoes: 1
- Extra virgin olive oil for cooking: None
- Sea salt or kosher salt and fresh cracked pepper: To taste
- baking potatoes, peeled and chopped.: 2
- bell peppers, chopped: 2
- dried bay leaves, remember to remove them before serving: 2
- dried oregano: 1 teaspoon
- garbanzo bean flour mixed with two tablespoons of cold water: 2 tablespoons
- garlic cloves, minced. Use a microplane zester to mince it.: 2-3
- ground allspice and ground cinnamon (optional but very good): Pinch
- large onion, chopped: 1
- marjoram: 1/2 teaspoon
- water: 1 cup

For this recipe we used:

Chopped Tomatoes 1 26.46 box



Preparation

This Greek style vegetable stew is an example of just how satisfying and hearty a vegetarian supper can be. Served with rice, it forms a complete protein.

Directions:

1. In a dutch oven or an oven safe pot with a lid, saute the onions and peppers on medium to medium-high heat with some olive oil, salt, and pepper. It helps to cover the pot. Add a little water if you don't want to use too much oil to steam-saute them.
2. Once the peppers and onions are soft, add the potatoes, garlic, chickpeas, tomatoes, water, honey, spices, seasonings, bay leaves, and more salt and pepper. Turn up the heat and bring to a boil. Immediately turn down the heat, simmer, covered for about 10 minutes.
3. Meanwhile, preheat the oven to 350 degrees. After 10 minutes of stovetop simmering, place the pot in the oven and cook for an additional 20 minutes. When the stew is finished cooking, remove bay leaves. Stir in the garbanzo bean flour and water mixture. Adjust the seasonings. Serve with options listed above. Enjoy!