

## Lebanese Vegetarian Stew



**Preparation time:** 90 min

**Difficulty:** Easy

## Ingredients

- 16 ounce can of chickpeas, rinsed and drained: 1
- 16 ounce can of white beans, rinsed and drained: 1
- 26.46 ounce box of Pomi Strained Tomatoes: 1
- Diced Onions: 2
- Olive oil for cooking and drizzling: 1 splash
- Sea salt or kosher salt and fresh cracked pepper to taste: 1 dash
- Serving options: Freshly chopped parsley, flaky sea salt, a drizzle fruity olive oil, Greek yogurt: 1
- baking potatoes, peeled and chopped: 3
- bell pepper, chopped: 1
- canned crushed tomatoes: 13 ounces or a generous 1-1/2 cups
- dried marjoram (optional): 1/2 Teaspoon
- dried mint: 1/2 Teaspoon
- dried oregano: 1 Teaspoon
- garlic cloves, minced: 1
- ground cinnamon: Couple of pinches
- sugar: 1 Teaspoon
- vegetable broth: 1 1/2 cups
- white wine or a couple of splashes of dry vermouth (optional): 1/4 cup

## For this recipe we used:

Strained Tomatoes 1 26.46 ounce



## Preparation

Stews are so warm and comforting, aren't they? They're also easy, one-pot cooking. It's also a plus that they reheat well.

### Directions:

1. In a large dutch oven or an oven safe pot with a lid, saute the onions and bell pepper 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. Once the pepper and onions are soft, add the potatoes, garlic, chickpeas, white beans, tomatoes, vegetable broth, wine/vermouth, sugar, dried herbs, spices, bay leaves, and more salt and pepper. Bring to a gentle boil. Immediately turn down the heat, simmer, covered for about 5-7 minutes. Meanwhile, preheat the oven to 350 degrees. After 5 minutes of stovetop simmering, place the pot in the oven and cook for an additional 30-40 minutes or until the potatoes are tender. When the stew is finished cooking, remove bay leaves. Adjust the salt and pepper. Also add a pinch more of dried oregano, mint and cinnamon. Serve with any of the suggestions listed in serving options above. Enjoy!