



Vegan Winter Stew

Ingredients:

- 1 small yellow onion, diced
- 3 garlic cloves, minced
- 3 carrots, sliced
- 3 celery stalks, sliced
- 2 large potatoes, peeled and diced
- 5 cups vegetable broth
- 1 cup water
- 15 ounces diced or crushed tomatoes
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- Salt and pepper
- 1 cup frozen peas
- 1 package Nature's Earthly Choice™ Microwavable Barley & Lentils
- 6 cups spinach
- 3 tablespoons olive oil

Directions:

1. Warm the olive oil in a large pot over medium heat. Add the onion, garlic, carrots, and celery. Cook for 5 to 7 minutes or until tender.
2. Add the potatoes, vegetable broth, water, tomatoes, and spices. Simmer for 25 to 30 minutes or until the potatoes are soft.
3. Mix in the frozen peas, barley & lentils, and spinach. Stir frequently to break up the grains. Serve once the spinach has wilted.