

Monthly
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Simply Seasonal

SW Vegetable Stew

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SW Vegetable Stew

Ingredients

- 1 Tbsp olive oil
- *1 medium onion, chopped
- *1 clove garlic, minced
- *1/2# red potato, cut into 1/2" cubes
- *1/2 cup corn
- *1/4 cup red bell pepper, chopped
- 1 (14.5 oz) can white hominy, drained and rinsed
- 14 oz. vegetable broth
- 1 (4 oz) can green chilies, chopped
- 1 tsp chili powder
- 1/2 tsp dried oregano
- *1 medium zucchini, quarter lengthwise and sliced
- *1/4 cup cilantro, chopped
- *can be found locally

Directions

1. Heat oil in a large saucepan. Add onion and garlic and cook until onion is tender-crisp.
2. Add all remaining ingredients except cilantro and zucchini.
3. Bring to a boil. Reduce, cover and simmer 10 minutes.
4. Add zucchini and simmer uncovered an additional 8-10 minutes or until zucchini is tender.
5. Garnish with cilantro.