

# Vegetable Stew

## Ingredients:

- 1/2 Yellow Onion
- 1/2 head of Broccoli
- 1 medium Potato
- 2 medium Carrots
- 1 Tomato
- 1 Zucchini
- 1 can (15 oz) Chickpeas
- 1/2 tbsp Olive Oil
- 2 tsp Ground Cumin
- 1 tsp Ground Cinnamon
- 1 tsp Ground Coriander
- 1/2 tsp Ground Allspice
- 1/2 tsp Cayenne Pepper
- 2 cups Water

## Directions

1. Prep veggies. Dice onion and tomato. Chop potatoes, carrots, and zucchinis into small bite-sized pieces. Chop broccoli into florets. Rinse and drain chickpeas.
2. In a large pot, heat oil. Sauté onion until tender (about five minutes). Add seasonings; cook and stir 1 minute.
3. Stir in broccoli, potatoes, carrots, tomatoes, and water; bring to a boil. Reduce heat and simmer for 15-20 minutes.
4. Add zucchini and chickpeas; bring to a boil. Reduce heat and simmer until vegetables are soft (about five minutes).
5. Makes 4 servings of 1 1/2 cups of stew each.

This easy dish is packed with a variety of veggies. You can enjoy it as is or feel free to add meat to the stew or serve it over a single serving of brown rice!

