

POTATO, VEGETABLE & BEAN STEW

INGREDIENTS

- 2 Tbsp canola oil
- 1 cup frozen chopped onions
- 3 cloves garlic, chopped
- 1 tsp dried basil
- 1 tsp dried rosemary
- ½ tsp dried thyme
- 1 tsp ground sage
- 1 bay leaf
- ¼ tsp salt
- ⅛ tsp pepper
- 2 cups low-sodium vegetable stock or water
- 2 Tbsp all-purpose flour
- 12 ounce package frozen sliced carrots
- 3 cups frozen cubed potatoes
- 2 16-ounce cans butter beans or Great Northern beans

DIRECTIONS

1. Warm a large sauce pan over medium-high heat. Add oil, onions and garlic and all herbs and spices. Sauté 2-4 minutes or until onions are browned slightly and mixture is fragrant.
2. Sprinkle flour over mixture and stir to evenly distribute, cooking 1 minute longer.
3. Add stock and stir well to incorporate flour.
4. Add potatoes, carrots and beans and stir to coat. Cover, increase heat to high and bring to a boil. Reduce heat to low and keep pot covered.
5. Simmer for 10 minutes or until vegetables are tender and gravy is thickened.



Serving size: 2 cups | Serves: 4
Nutrition Information: Calories: 246; Total fat: 4g; Saturated fat: 0g; Cholesterol: 0mg; Sodium: 528mg; Carbohydrates: 44g; Fiber: 8g; Protein: 10g.