

Hearty Vegetable Stew

A delicious and filling vegetarian stew packed with beans, carrots, onions, potatoes, and tomatoes.



Main Dish

45 min

Total time

Easy

Difficulty

300

kcal / serving

Ingredients

- 1/2 cup beans
- 1 carrot, diced
- 1/2 onion, chopped
- 1 potato, peeled and cubed
- 2 tomatoes, diced
- Salt and pepper to taste
- 2 cups vegetable broth
- 1 tablespoon olive oil
- 1 teaspoon dried herbs (such as thyme, rosemary, or oregano)

Steps

- 1 Soak the beans in water overnight. Drain and rinse before using.
- 2 In a large pot, heat the olive oil over medium heat.
- 3 Add the chopped onions and sauté until they become translucent.
- 4 Add the diced carrots, cubed potatoes, and soaked beans to the pot.
- 5 Pour in the vegetable broth and bring to a boil. Reduce heat and simmer for 30 minutes or until the beans are tender.
- 6 Add the diced tomatoes, dried herbs, salt, and pepper. Cook for an additional 10 minutes.
- 7 Adjust the seasoning to taste and serve hot.