

Vegetarian Hearty Potato and Tomato Stew

This comforting vegetarian stew combines hearty potatoes, sweet carrots, and ripe tomatoes, all simmered with aromatic garlic and onions. Perfect for a cozy meal, it's both filling and nutritious.



Main Dish

30 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 large potato, diced
- 1 medium carrot, sliced
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 medium tomato, chopped
- 2 cups vegetable broth
- 1 tablespoon olive oil
- Salt and pepper to taste
- Fresh herbs (like basil or parsley) for garnish

Steps

- 1** In a pot, heat the olive oil over medium heat. Add the chopped onions and minced garlic, sautéing until the onions are translucent.
- 2** Add the diced potatoes and sliced carrots to the pot, stirring for about 5 minutes.
- 3** Pour in the chopped tomatoes and vegetable broth, then season with salt and pepper.
- 4** Bring the mixture to a boil, then reduce the heat and let it simmer for 20 minutes, or until the vegetables are tender.
- 5** Taste and adjust seasoning if necessary, then serve hot, garnished with fresh herbs.