



SPUR RECIPE – Three Bean Vegetarian Stew with Cornbread

INGREDIENTS:

2 tbsp olive oil
4 garlic cloves, minced
4 onions, medium, chopped
2 cups baby carrots, chopped
2, 14.5 oz diced tomatoes
2, green peppers, chopped
2, stalks of celery, chopped
2, 14.5 oz red kidney beans
2, 15 oz can black beans, drained & rinsed
2, 14.5 oz chick peas, drained & rinsed
1 box vegetable broth
2 tsp dried oregano
1 large disposable heavy duty aluminum pan (suggest 10" x 14" x 4")
1 package shredded parmesan cheese

INSTRUCTIONS:

Heat oil in large saucepan. Add garlic, onion, celery, carrot and green peppers. Cook for 5 mins until softened.
Drain & rinse the beans & chickpeas.
Pour all ingredients into disposable aluminum pan, mixing softened vegetables with beans, chick peas, tomatoes, broth and oregano. Season w/ salt & pepper.
Cover tightly and drop off to SPUR or take with you to Lifebridge if you are also serving.

SIDE: Cornbread

Please prepare cornbread in a disposable baking pan. Bake, cool, cover then drop off with chili. (1 or 2 boxes depending on serving size of box, target is 10-12 servings)