



VEGGIE STEW

(Makes 2-4 servings)

1 tablespoon extra-virgin olive oil
2 leeks, chopped
2 garlic cloves, minced
2 cups water
1 cup broccoli florets
1 cup carrots, fresh or frozen
1 cup peas, fresh or frozen
1 teaspoon salt
½ cup fresh basil
black pepper to taste

ASSEMBLE THE STEW. Place a large pot over medium-high heat. Add oil followed by leeks and garlic. Sauté for 3 minutes until fragrant. Add water, broccoli, carrots, and ½ cup peas. Let the stew simmer for 15 minutes.

Remove from heat and place mixture in blender. Add basil leaves. Secure the lid and remove the steam vent. Pulse the stew to desired texture. Add the soup back to the pot and add the second ½ cup of peas. Add salt and pepper to taste. Serve warm.