

Vegetable Stew

Ingredients:

2 cups	Dry soy beans presoaked or white beans	25 cups	Chopped cabbage
2 cups	Wheat berries	8 qts	Vegetable stock or water with vegetable soup base
3 cups	Brown Rice	2 cups	Tomato sauce
½ cup	Olive oil	1 cup	Fresh, chopped parsley or ½ cup Dried parsley
8 tsp	Chopped garlic	4 ea.	bay leaves
4 cups	Chopped carrots	4 tsp	Dried thyme
4 cups	Chopped Celery	12 cups	Chopped, canned tomatoes [1 #10 can]
10 cups	Diced potatoes	2 Tbs	Salt

Procedure:

- 1 Cook beans until soft.
- 2 Cook wheat berries and rice until done.
- 3 Saute' garlic, carrots, celery, potatoes, adding the olive oil until tender
- 4 Add the cabbage and continue sauteing
- 5 Add the vegetable stock, tomato sauce, parsley, bay leaves, thyme, canned tomatoes, and the salt.

Servings: 50

Recipe Type

Soup, Vegan, Vegetarian

Source

Source: Silver Falls Resort