



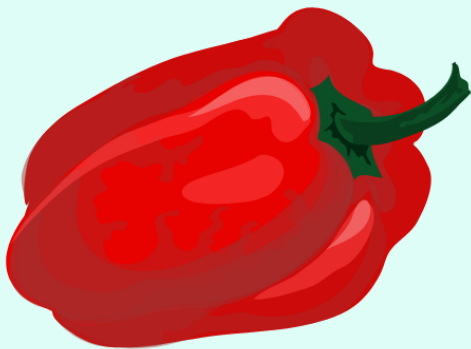
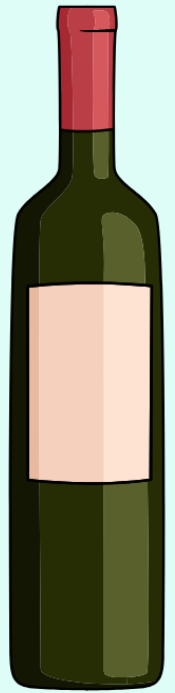
Fava Bean Fricassee

Makes about 10 portions

"A comfy vegan summer stew to feed a crowd"

Ingredients:

- 2 medium onions
- 5 garlic cloves
- 3 yellow potatoes
- 2 branches of celery
- 1 medium size zucchini
- 1 lbs shelled fava beans, fresh or frozen
- 4 cups vegetable broth
- 1 small can of diced tomatoes
- 1 red pepper
- 1 green pepper
- 1 cup of white wine
- 1 tsp sea salt
- fresh parsley
- black pepper to taste



Cooking Instructions:

Cut potatoes, zucchini, pepper into 1" chunks.
Dice celery. Chop parsley and garlic.
In a large pot, sauté onions and garlic until gold. Add wine, cook for 5 minutes. Add remaining ingredients.
Adjust seasoning. Add salt and pepper to taste.
Bring to boil then simmer at low uncover, add water, salt and pepper if needed.
A slow cooker can be used for this.
Serve preferably with fresh crusty bread.

