

# SLOW COOKER VEGGIE STEW

CREDIT: KAREN CURTIS, VENDOR - KICS LEMONADE

## INGREDIENTS

3 large tomatoes, chopped

1 large onion, chopped

2 carrots, chopped

1/2 kabocha squash, peeled & seeded and roughly chopped

1 cup chopped bok choy

1 bunch spinach or kale (if using kale chop into bite sized pieces)

1 ear corn

1 small zucchini, chopped

1 cup oyster mushrooms, chopped

1 tbsp garam masala

2 tbsp KICS lemon syrup

1/2 cup Aji

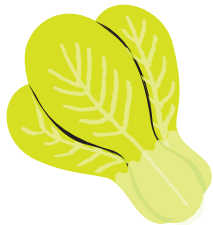
Chicken or vegetable stock

## DIRECTIONS

Place the above ingredients in a slow cooker and stir to combine. Cook on low for 4 hours. Check the stew after 4 hours and add either chicken or vegetable stock. The amount depends on how much liquid is in the slow cooker. Start with 1/2 a cup and add more if needed. At this point, you can also add 1 drained tin of chickpeas or lentils. Cook another 2-3 hours. Season with salt and pepper.

This can also be made on the stove. The cooking time will be approximately 1 hour.

This recipe is great to have on hand as you can use any combination of vegetables you like. Make a big batch and store it in 8 or 16 oz containers in the freezer. You can turn it into soup simply by adding chicken or vegetable stock. Use it as a filling for wraps. Serve it over rice.



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