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BRUNSWICK STEW (Serves 2)

The classic Southern stew gets a makeover without losing its simple goodness. A rainbow of vegetables and spices, this Brunswick Stew makes a full meal in a single pot. Make a big batch now, and freeze some for later. Don't forget to top with your favorite hot sauce for some extra zing!

1⁄2 onion
2 cloves garlic
2 red skin potatoes
1/2 cup frozen corn
2 tsp olive oil or use 1/4 cup sherry/wine/broth
1 can no-salt canned diced tomatoes
3 cups low-sodium vegetable stock/broth
1½ cups frozen lima beans
1 cup frozen kale
2 tsp apple cider vinegar
1 tsp salt-free chili powder
1⁄2 tsp ground cumin
1⁄2 tsp mustard
Salt and pepper to taste



Produce Prep: Dice the onion and mince the garlic. Rinse and chop the red skin potato(es) into ½-inch chunks. Measure out the frozen corn and set aside.

To a large soup pot, add the olive oil and bring up to medium heat. (To make the recipe oil-free, substitute water or other liquid for oil and stir frequently.) Add the onions and cook until slightly translucent (5-7 minutes). Add the garlic and cook for 1 more minute, stirring.

Add the canned diced tomatoes, vegetable stock/broth, red skin potatoes and frozen lima beans. Bring up to a constant simmer and set a timer for 20 minutes.

Add the frozen corn and frozen kale to the pot, along with the apple cider vinegar, chili powder, cumin and mustard. Simmer for another 10 minutes. Season with salt, pepper, vinegar and sweetener to taste. Serve hot!

Choose Veg is "a project of Mercy for Animals, a 501(c)(3) nonprofit dedicated to promoting compassionate food choices and policies."

Choose Veg recipes are entirely plant-based but are not always oil-free.

