

MORTON & BASSETT SPICES®

Green Veggie Stew



- 4 tablespoons olive oil
- 1 leek, thinly chopped
- 1 teaspoon Morton & Bassett Garlic Powder
- ¼ teaspoon Morton & Bassett Ground White Pepper
- ½ teaspoon Morton & Bassett Parsley
- 1 tablespoon Morton & Bassett Spicy Everything Sprinkle
- 3 stalks celery, chopped
- 1 zucchini, chopped
- 1 cup green beans, cut into 2 inch pieces
- 1 cup peas (fresh or frozen)
- ½ cup cilantro, chopped
- ½ cup parsley, chopped
- 2 teaspoons salt
- 6 cups vegetable broth
- ½ lemon, juiced
- 2 cups curly kale, stalks removed
- 2 cups spinach
- 2 cans garbanzo beans, drained and rinsed
- ⅓ cup toasted sesame oil
- ¼ cup Parmesan cheese, grated
- 1 small bunch basil, chopped

Cook leeks in a large pot with olive oil for 3-5 minutes, until fragrant. Add M&B Garlic Powder, celery, green beans, zucchini, and peas, cooking for 5-7 minutes before adding M&B Ground White Pepper and chopped parsley and cilantro. Pour in vegetable broth. Bring the soup to a simmer, cover with a lid, and cook for 15-20 minutes, stirring occasionally. Add garbanzo beans, curly kale, spinach, lemon juice, salt, and M&B Parsley. Let cook until the greens have softened, about 5 minutes. In a saucepan, heat toasted sesame oil over medium high heat. Add M&B Spicy Everything Sprinkle into a small, heat safe dish. Pour the hot toasted sesame oil over the Spicy Everything Sprinkle to create a spicy chili oil. Dish the veggie stew into bowls and top with fresh basil, grated Parmesan cheese, and spicy chili oil.

Servings: 4 | Time: 40 minutes



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