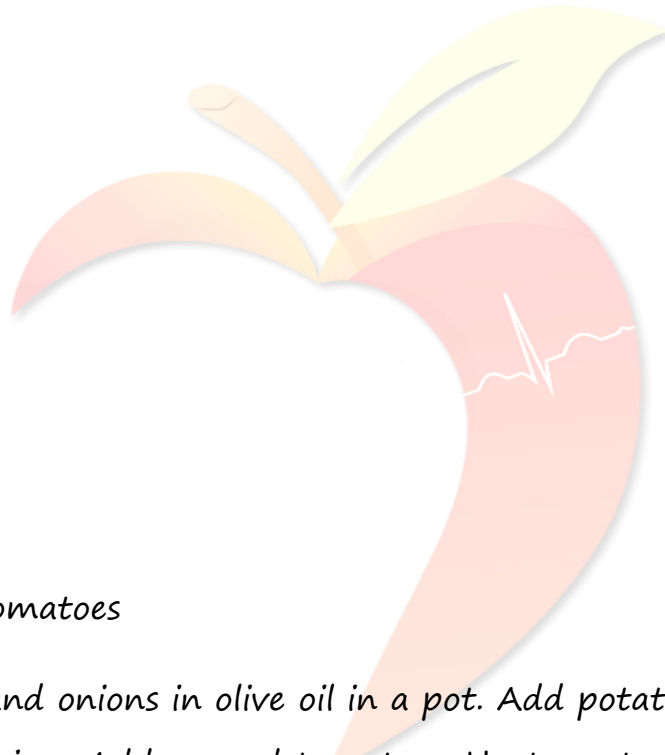


Chat N Chew

Hearty Vegetable Stew

- *Carrots*
- *Celery*
- *Potatoes*
- *Onion*
- *Garlic*
- *Olive oil*
- *Turmeric*
- *Cumin*
- *Cinnamon*
- *2 cans of tomatoes*



Sauté the garlic and onions in olive oil in a pot. Add potatoes and carrots. Add celery and spices. Add canned tomatoes. Heat on stove until potatoes and carrots are soft. Enjoy!