

# Chunky Rosemary Vegetable Stew

VEGAN + GLUTEN FREE + SOY FREE



## Ingredients:

- 4 red potatoes
- 3 medium carrots
- 1/2 large onion
- 1 tablespoon (about 3-4 sprigs) freshly chopped rosemary
- 1 15 ounce can great northern beans, drained
- 1 15 ounce can pinto beans, drained
- 1 15 ounce can diced tomatoes
- 2 cups vegetable broth
- 1 teaspoon onion powder
- 6 cloves garlic, pressed
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 bay leaf

## Directions:

First chop up potatoes, carrots, and onions. Throw them in the crock pot. Add everything else! Cover and cook on 'high' setting of crock pot for 4-5 hours, stirring occasionally. Ladle warm, heaping bowlfuls and enjoy!

We also added hot pepper flakes to some of ours (we LOVE spicy!) and it was great! Highly recommended.