

Hearty Root and Vegetable Stew



INGREDIENTS:

3 potatoes, chopped
2 carrots, chopped
1 onion, chopped
1 can diced tomatoes (or 2 fresh tomatoes)
4 cups water
1–2 tbsp oil or any cooking fat
Salt and pepper

INSTRUCTIONS:

1. Heat the oil in a pot and cook the chopped onion until it softens.
2. Add the chopped potatoes and carrots and stir them for a minute or two.
3. Pour in the tomatoes and enough water to cover the vegetables, then add salt and pepper.
4. Bring the pot to a boil, then lower the heat and let the stew simmer for 30–40 minutes until the vegetables are tender.
5. Taste the stew, adjust the seasoning, and mash a few potatoes if you want the stew to be thicker.

