

Vegetable Stew

Abbie Kotary

1 med. Onion

2 TB^{spoon} Olive oil

4 med. white potatoes

1 bag frozen mixed vegetables

2 sm. cans tomato sauce

Water to cover contents of pan

1 tsp **Kabseh Spices**

1 tsp **Mild Curry Spice**

1 tsp **ZIYAD Seven Spice Blend**

2 tsp sugar

Salt + Pepper

① saute onions (diced) in olive oil till transparent.

② add vegetables, 2 can tomato sauce, spices, sugar +
water

③ cover Boil. then simmer till vegetables cooked
through and stew like consistency.

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Vegetable Stew



LYAD SOWR Spice Bread

