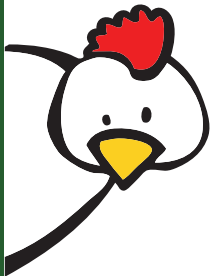


**MEATLESS
MONDAY**

"One day a week, cut out meat"

rainbow foods



Herbed Vegetable Stew

Ingredients:

2 tbs butter
1 onion, chopped
28oz can tomatoes
1/2 butternut squash, peeled & cut into cubes
1 clove garlic, crushed
1 bay leaf
1/2 tsp basil, oregano & black pepper
1 green pepper, seeded & finely chopped
19oz can kidney beans
19oz can chick peas

Instructions:

Melt butter in large heavy bottom saucepan. Add onion & sauté about 5 minutes. Stir in tomatoes & juice, breaking up tomatoes into small pieces. Add chick peas, squash, garlic, bay leaf & seasonings. Bring to a boil, cover & reduce heat to medium low. Cook until squash is almost tender. Stir in chopped pepper & kidney beans. Cook another 10 minutes. Remove bay leaf before serving. Serve over rice or alone with bread & cheese.

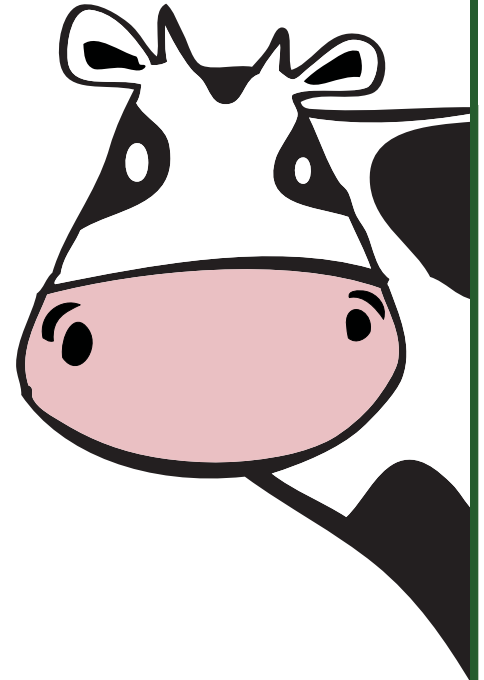
Whose recipe is this?:

Name: Janet Kaplan

Department: Store Owner

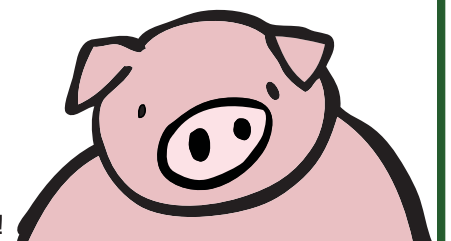
How long have you been at Rainbow Foods?: Over 33 years.

Why did you choose this recipe?: A delicious meal worth sharing.



MM-JA09

Read your food labels every time if you have allergies or diet restrictions!



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