

MORSELS AND MORE RECIPE

Summer Stew

Participants may each have a vegetable to peel and dice;

½ cup chopped onion

1 medium cauliflower, diced (2 participants can share)

3 large tomatoes, peeled and diced

2 small zucchini, cubed

¼ cup chopped fresh parsley

Start participants on the onion and parsley first as these need to be sautéed for three min. in 2 T. butter along with 1 clove chopped garlic. Add 2 t. salt and ¼ t. pepper, ¼ t. thyme, 1/8 t. sage. Add all other vegetables and ½ cup water or broth. Cover tightly and simmer 10 to 15 minutes.

While the stew is simmering, clean table, set out plates, utensils, napkins and cups. Serve drinks. A crusty bread is delicious with this recipe. When the stew is ready, place the kettle on a trivet on the table so everyone can see the color and enjoy the great aroma.