



- 2 T Olive oil or butter
- 1 Medium onion, chopped
- 3 Carrots, sliced thick
- 2 C Fresh or frozen green beans, cut into 1-inch pieces
- 1 C Uncooked rice
- 6 C Chicken broth or vegetable broth
- 4 Small red potatoes, cut into ½-inch chunks
- 1 Can of sweet corn, undrained
- 4 C Chopped vegetables (see below)
- 1 Can of chickpeas, aka garbanzo beans, or dark red kidney beans, drained
- 1 T Dried basil
- 1 t Dried thyme
- ¼ t Ground pepper
- Salt to taste

Heat the olive oil or butter in a large soup pot over medium heat. Sauté onions, carrots, and rice until onions are translucent, about a minute. Add green beans and broth. Bring to a boil, cover, lower heat and simmer for 20 minutes. Add remaining ingredients. Use whatever vegetables you like; avoid whatever vegetables you don't like. Some suggestions: cabbage, zucchini, yellow squash, okra, frozen peas, red bell pepper, broccoli, cauliflower. The soup is at its best when it's full of different colors. Add some more broth if the stew is thicker than you like. (See what I mean by "versatile"?) Simmer for 15 minutes more, until the potatoes are soft enough to spear with a fork. Eat with a spoon.

brought to you by
Susan Mallery, author of *Sunset Bay*
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