

RECIPE CARD

BY CHEF *Jimmy Oliver*

VEGAN ALEPPO STEW

- Servings: 4
- Prep time: 10 minutes, cooking time: 35 minutes

INGREDIENTS

- 2 Tbsp olive oil
- 1 yellow onion (diced)
- 3 cloves garlic (minced)
- 1 Tbsp Aleppo pepper flakes
- 4 cups vegetable broth
- 1 can (14.5 oz) diced tomatoes
- 1 can (15 oz) chickpeas
drained and rinsed
- 1 lb Yukon Gold Potatoes
peeled & cubed into 1-inch
pieces
- 1 Tsp salt
- ½ Tsp black pepper

PROCEDURES

1. Heat olive oil in a Dutch oven.
2. Add onions and cook until translucent, then add garlic and Aleppo flakes for about a minute.
3. Pour in broth and tomatoes, scraping the bottom. Add chickpeas, potatoes, salt, and pepper.
4. Bring to a boil, then reduce heat, cover, and simmer for 25-30 mins until potatoes are tender.



PROCEDURES CONTINUED

5. Uncover and simmer for another 5 minutes to thicken.

6. Taste and adjust seasonings. Serve HOT!

Protein options - Tofu, Steak, or Roasted Chicken

SEASONED SOUR CREAM

INGREDIENTS

- 1 cup sour cream
- 1-2 Tbsp lemon juice
- 1 Tbsp Worcestershire sauce
- 2 green onions (chopped)
- ½ Tsp garlic powder
- ½ Tsp onion powder
- ½ Tsp paprika (smoked preferably)
- ½ Tsp fresh parsley
- ½ Tsp salt
- ¼ Tsp cracked black pepper

PROCEDURES

In a mixing bowl mix until smooth:

Stir in lemon juice, Worcestershire sauce, green onions, garlic powder, onion powder, paprika, parsley, salt, black pepper. Mix thoroughly until all seasoning are all distributed. Cover and refrigerate until ready to serve.

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