

# RECIPE

From The

## BLACK POT

of



## Black Bean Stew

Clyde & Terryl Miller

**Prep: 15 Minutes \* Cook: 1 & 1/2 Hours \* Serves: 8 to 12 \* 12" Deep DO**

2 large potatoes, diced

2 carrots, sliced

3 stalks celery, sliced

1/2 cup onions, chopped

1 cup mushrooms, sliced

1 to 1-1/2 cups fresh or frozen corn

1 cup vegetable broth

2 1-lb cans black beans

1 1-lb can chunky salsa or Mexican or chili style tomatoes

1 tsp dried basil

1-1/2 tsp ground cumin

2 - 3 TBSP tomato paste

2 TBSP Worcestershire Sauce

- Cook vegetables until barely soft by steaming with vegetable broth.
- Add salt and pepper to taste if desired.
- Add black beans (not drained), tomatoes, and seasonings and simmer for 20 minutes or so until the flavors blend a bit.
- Add tomato paste as needed to thicken the stew