

## **SICILIAN GARBANZO STEW**

**4 cups water**  
**1 tablespoon lemon juice**  
**4 teaspoons vegetable instant bouillon**  
**1 teaspoon dried fennel seed, crushed**  
**½ teaspoon dried thyme leaves**  
**1 bay leaf**  
**1 medium onion, finely chopped**  
**1 stalk celery, chopped (1/2 cup)**  
**2 cloves garlic, minced**  
**4 medium (2 lb.) baking potatoes, peeled, sliced**  
**3 large carrots, thinly sliced (2 cups)**  
**2 (15.5 oz.) cans garbanzo beans, drained, rinsed**  
**1 cup packed fresh parsley, chopped (about ½ cup)**  
**1/8 to ¼ teaspoon coarsely ground black pepper**

**In Dutch oven, combine all ingredients except parsley and pepper; mix well. Bring to a boil. Reduce heat to medium-low; cover and simmer 15 to 20 minutes or until vegetables are very tender.**

**Remove bay leaf. With potato masher, mash vegetables into broth to make a thick, chunky mixture. (Garbanzo beans will not mash as thoroughly as other vegetables; leave them chunky for extra texture.) Stir in parsley and pepper. Serve immediately.**

**SERVINGS: 6 (1-1/2 CUPS PER SERVING)**