

## VEGETARIAN HOMINY STEW

2 Tbsp olive oil  
1 medium yellow onion, peeled and chopped  
1 medium green bell pepper, seeded and chopped  
1 medium zucchini, chopped  
2 cloves garlic, peeled and minced  
1 medium gold or Irish potato, scrubbed and chopped  
1 (15-oz) can yellow hominy  
1 Tbsp dried oregano  
1 Tbsp chili powder  
1/2 tsp freshly ground black pepper  
1/2 tsp salt  
4 cups vegetable broth  
1 (15 oz) can red kidney beans, rinsed and drained  
1/2 pound fresh spinach, chopped  
1/4 cup tomato paste

Heat the oil in a large stock pot over medium-high heat. Add the onion, bell pepper, zucchini, and garlic and sauté for 10 minutes, or until the vegetables are tender.

Add the potato, hominy, oregano, chili powder, black pepper, salt, and vegetable broth. Stir to combine and cook for 20 to 25 minutes, stirring occasionally.

Stir in the beans, spinach, and tomato paste. Simmer for 15 minutes, stirring occasionally. Remove from heat and set aside for 5 minutes before serving.

Makes 8 servings.