



Italian Vegetable Stew

A chickpea is a garbanzo is a ...cece bean, if you're in Italy! Thanks to Sue for this stew recipe.

2 Tbs. olive oil
2 potatoes, peeled and cubed
1 medium onion, chopped
1 clove garlic, minced or pressed
1 14-oz. can vegetable broth
2 15-oz. cans diced tomatoes
1 16-oz. package frozen cut Italian green beans
1 tsp. dried Italian seasoning
1/2 tsp. salt
Freshly ground pepper to taste
1 15-oz. can cece beans (chickpeas)
Pinch of sugar

Sauté potatoes, onion, and garlic in olive oil over medium heat, stirring occasionally, for 5-7 minutes or until onion is transparent and soft. Add broth and cook for 10 minutes. Add tomatoes, green beans, seasoning, salt, and pepper, and simmer over low heat. Cook 10 minutes, and then add cece beans and sugar. Simmer another 10 minutes, stir, and serve.