

**Recipe for:** Eastern European Vegetable Stew

**Ingredients:**

2 Tbsp olive oil  
2 cups chopped onions  
3 garlic cloves, minced or pressed  
1 cup peeled and diced potatoes  
1 cup peeled and diced carrots  
1 cup peeled and diced parsnips  
2 cups peeled and diced turnips and/or rutabaga  
2 cups peeled and diced beets  
6 cups water or broth  
2 bay leaves  
1 Tbsp minced, fresh thyme (1 tsp dried)  
 $\frac{3}{4}$  cup apple cider vinegar  
5 cups rinsed and chopped beet greens, swiss chard or spinach  
Salt and pepper to taste

**Preparation:**

In a large soup pot, heat the oil and add onions and garlic.

Cover and sauté on medium heat for about 7 minutes, stirring frequently until the onions are soft.

Add the potatoes, carrots, parsnips, turnips and/or rutabaga, beets, water, salt, bay leaves and herbs.

Cover and bring to a boil then cook on medium-low for 15 minutes.

Add vinegar and greens.

Simmer for 5-10 minutes until greens are tender.

Add salt & pepper to taste.

Discard bay leaves.