

## Green Chile Stew



Green Chile stew is a favorite in New Mexico, especially during the cold months.

Loaded with vitamin C, garlic, and vegetables, this stew gives your immune system a boost and helps you stay well through the winter.

Feel free to add any additional vegetables you have on hand to add flavor and nutritional value.

2-3 large potatoes, cubed  
2-3 large carrots, sliced  
½ Onion, chopped  
1 Tbsp olive oil  
1 Tbsp minced garlic  
2 tsp Better Than Bouillon  
Vegetable Base  
chopped green chile (to taste)  
8 oz cubed seitan  
4-6 cups water

1. In a large pot heat the oil over medium heat, then add the garlic and onion. Sauté for about 3-5 minutes.
2. Add potatoes, carrots, green chile, water (you can use more or less water depending on how much broth you want) and any additional vegetables you are using.
3. Stir in Better Than Bouillon Vegetable Base and bring to a boil.
4. Simmer for about 20 minutes, until potatoes and carrots are tender.
5. Add cubed seitan and simmer for another 1-2 minutes.
6. Enjoy!