



# Veggie Stew

NIBBLEDISH CONTRIBUTOR

## Ingredients

4 really big carrots  
2 cups of peas  
2 cups lentils (preferably dried)  
3 large red onions  
1 cup chick peas  
4 potatoes  
3 sheets of sushi seaweed  
1/4 cup soy sauce  
1/4 cup chicken or vegetable stock  
1 tsp pepper  
2 tsp cayenne pepper  
2 cups chopped broccoli

## Instructions

Sauté the onions in a really big pot. Add water as soon as they're cooked and bring to a boil.

Add the seaweed and allow to dissolve. This will probably take 10 minutes. Add the soy sauce, chicken stock, lentils, and chickpeas.

Chop all your vegetables and make sure they're all consistent in size. Add them to the pot and allow to boil for 15 minutes. Bring to a simmer for 20 minutes. Stir the pot every 5 or 10 minutes to make sure there's nothing sticking on the bottom on the pot. Allow to sit on low heat for 15 minutes.>