

VARIETY VEGETABLE STEW KIT

CREATED BY COMMON GOOD CITY FARM
INTERESTED IN JOINING LEAF CLASSES FOR KIDS?
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Ingredients

- 2 medium potatoes
- 1-2 cups chopped vegetables (collards/kale included, feel free to add any other vegetables you have on hand)
- 1 leek/ about 1/2 cup chopped leeks
- 1 clove of garlic
- 1 15 oz can diced tomatoes
- 1 cup of water or vegetable stock (not included)
- 1/4 cup fresh herbs (chives included- dill and parsley are also great options)
- 2 Tbsp. olive oil
- salt and pepper to taste (not included)

Supplies Needed

- Medium sized pot
- Stirring spoon
- Kid safe knife and cutting board

Instructions

1. Wash vegetables thoroughly and prep them.
 - Chop leeks into thin rounds (see tips on back page)
 - Cut greens and any other veg. into small pieces
 - Dice potatoes into 1/2 inch squares
 - Mince your garlic
2. Heat oil in medium sized pot on medium high heat.
3. Add leeks stirring occasionally until leeks are tender (about 5-8 minutes),
4. Add chopped garlic, a generous sprinkling of salt & pepper and stir until well combined with the leeks. Let cook another 2 minutes.
5. Add your diced potatoes, canned tomatoes and 1 cup water. If needed, add extra water to make sure all ingredients are covered.
6. Bring to a boil and cook until potatoes are fork tender. (This means you can stick a fork into the potato chunk with very little effort because the potato is soft)
7. Stir in your chopped greens and cook for about 5 minutes.
8. Remove from heat and let stand for about 2 minutes.
9. Chop your fresh herbs or cut with kitchen scissors.
10. Serve up a bowl and top with the fresh herbs- Enjoy!





- **What are leeks?** Leeks are alliums which means they are related to onions and garlic- they are a great way to build flavor at the beginning of a recipe, and in general are a more mild onion flavor.
- **How do you prepare leeks?** First, slice the leeks in half lengthwise. Chop off the stringy roots and dark green leaves. You won't use the tough tops. Next, lay the white and light green parts cut-side-down on your cutting board, and cut them into thin half-moons. Leeks are often hiding lots of dirt and sand in their layers, so once you've cut all the leeks into thin slices, add them to a colander. Rinse them under cool running water, tossing them to remove any dirt or debris.

What's more comforting during the cold months than a hot bowl of stew or soup?

- It can boost your immune system and provides you with vitamins, fiber and anti inflammatory effects.
- Include garlic in your soup to help protect your body from viruses and combat harmful bacteria.
- Soup offers extra hydration by replenishing your fluid levels- but don't forget to drink your water too!
- Soup can give comfort when you have a cold.
- Leeks and the greens are high in vitamins A, C, and K which can help your immune system and fight off sickness
- Carbohydrates from potatoes give you energy to run and play!

Stay safe!

1. Always ask an adult's permission before cooking or using tools in the kitchen, especially the stove.

2. Wash Your Hands: Clean hands are very important for food safety and should be the first step before touching any food or tools.



3. Clean As You Go: Cleaning spills and messes as you go will prevent slips and falls. Plus it makes it easier to have a clean kitchen at the end!

4. Pay attention to what is hot: If you are using the stove, remember that handles and utensils can get hot, use a potholder or towel to handle hot items.

5. Practice Good Knife Skills: Hold your knife by the handle with one finger along the top edge. Pay attention to your fingers and curl them into a bear claw to avoid cutting yourself.

