Gevetch

1/2 medium yellow onion (1 cup)  
1 large garlic clove, chopped  
1 medium white skinned boiling potato, peeled and cut in 1-inch pieces (1-1/4 cups)  
1 medium sweet potato (8 ounces, peeled, halved and cut in 1-inch pieces)  
1/4 medium head green cabbage (6 ounces), cut in 1-inch pieces (1-1/2 cups)  
3 ounces fresh mushrooms halved  
1 bay leaf  
2 medium carrots cut in 1-inch pieces (1 cup)  
1 medium celery rib cut in 1-inch slices (3/4 cup)  
1 medium green pepper cut in 1-inch pieces (1 cup)  
1/2 medium cauliflower cut in large florets (about 12-13 florets or 1-1/4 pound)  
1/2 small eggplant peeled and cut in 1-inch cubes (3 cups)  
1-1/4 cups shelled fresh lima beans or frozen limas (not baby limas)  
1/4 cup coarsely chopped flatleaf parsley  
4 ounces fresh green beans, trimmed  
2 medium tomatoes, seeded and coarsely chopped (2 cups)  
1 cup low sodium tomato juice  
1 tablespoon tomato paste  
1 teaspoon paprika  
1/2 teaspoon dried oregano  
1/2 teaspoon salt  
1/2 teaspoon pepper

1. In a large Dutch oven layer vegetables and seasonings in the following order: onion, garlic, white potato, sweet potato, cabbage, mushrooms, bay leaf, carrots, celery, bell pepper, cauliflower, eggplant, lima beans, parsley, green beans and tomatoes.

2. Stir tomato paste and paprika into tomato juice. Stir in oregano. Pour over vegetables.

3. Cover and bring liquid to boil over medium-high heat. Reduce heat and simmer until vegetables are tender, about 30 minutes. Season with salt and pepper. Cool at least 20 minutes before serving.

Serves 6.
## Nutrition Facts

Servings per recipe: 6

<table>
<thead>
<tr>
<th></th>
<th>Calories 202</th>
<th>Calories from fat 9</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value</td>
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</tr>
<tr>
<td><strong>Total Fat</strong> 1g</td>
<td>2%</td>
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<tr>
<td>Saturated Fat trace</td>
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<tr>
<td><strong>Cholesterol</strong> 0mg</td>
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<tr>
<td><strong>Sodium</strong> 292mg</td>
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<tr>
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<td>Dietary Fiber 11g</td>
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<tr>
<td><strong>Protein</strong> 9g</td>
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<td>Vitamin A: 259%</td>
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<td>Vitamin C: 205%</td>
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<td>Calcium: 10%</td>
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<td>Folacin: 35%</td>
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<tr>
<td>Iron: 19%</td>
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<td>Potassium: 40%</td>
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Barbara Brown, Food Specialist

Oklahoma Cooperative Extension Service

9/06