

Ivan Espinosa's Mexican Veggie Stew



This month, Society of PEACE Member **Ivan Espinosa** shares his easy **vegan** recipe for "**Mexican Veggie Stew**". Ivan is also our **Bilingual Outreach Coordinator** for the Houston area. Last year, he represented Society of PEACE in a radio interview about veganism on three Univision channels! He was also our featured speaker at "Gentle Thanksgiving 2008".

In addition to being a Honor Student at Westside High School, Ivan has won numerous Debate Team competitions – all while being active in sports & grassroots activism. He recently completed an internship in Washington DC, where he met **vegan** Congressman **Dennis Kucinich**.

Ingredients:

2 tablespoons olive oil
2 large onions, sliced
2 stalks celery, sliced
4 medium carrots, sliced
2 cloves garlic, minced
4 large ripe tomatoes, chopped
1 large red bell pepper, slivered
1 teaspoon salt
1/2 teaspoon ground black pepper
1 teaspoon dried oregano
1 tablespoon chili powder
1 zucchini, sliced into 1/2-inch-thick rounds
1 summer squash, sliced into 1/2-inch-thick rounds
2 cobs fresh corn, sliced into 2-inch-long pieces
1 cup fresh green beans, ends snipped
2 chipotle peppers in vegan adobo sauce, minced
3 cups (cooked) garbanzo beans
4 cups vegetable broth
2 cups water
Salt and ground black pepper, to taste
1/2 cup chopped fresh cilantro
2 tablespoons lime juice, or to taste



Directions:

In a large pot or soup kettle, heat oil and sauté onion, celery and carrots until onions are translucent. Add garlic, tomatoes, bell pepper and spices. Stir and cook about 5 minutes. Add zucchini, squash, corn and green beans. Stir and cook about 2 minutes. Add chipotle peppers and garbanzo beans. Stir to combine and coat all ingredients with spices and chipotles. Add vegetable broth, water, salt and pepper. Bring to a boil, then lower heat and simmer for 30 minutes, uncovered. Add cilantro and lime juice and serve immediately. You can garnish individual servings with tortilla chips or lime wedges, if you wish to do so.