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Live Longer And Healthier With Vegetarian Recipes

Vegetables are believed to be the healthiest foods that a person can eat. And especially with the tendency of meat and other meat-products tending to be processed artificially these days, the health risks posed are rising at an alarming rate. More people are therefore drastically changing their dietary habits by switching from the normal meat and junk based foods to meals with strictly vegetarian recipes.

While there are literally hundreds of vegetarian recipes prepared by peoples from all over the world, below is an easy to make, yet very delicious, one that has its roots in the Middle East, Lebanon to be precise.

Kidney Bean Stew

Makes 5 large servings.

The ingredients:

1. 4 to 6 cloves of garlic (for a better taste): crushed
2. 1 large yellow onion : chopped
3. 1 large green pepper: chopped

Recipes from The Weekend Chef (<http://theweekendchef.com>)



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4. 2 cups of sliced mushrooms
5. 1/2 cup of vegan cooking wine
6. 16 oz can of dark red kidney beans
7. 2 large potatoes: sliced and diced
8. 20 oz can of whole tomatoes
9. A cup of Spanish olives
10. Assorted spices as required: salt, pepper and oregano, or any other spices, for decoration
11. 3 cups of cooked brown rice

Preparation

First sauté the garlic, onions, peppers, and mushrooms in the vegan wine until the onions start to become clear.

Add the tomatoes and kidney beans. You do not need to drain them ...throw it all in there

Next add the potatoes and if you love the taste of olives throw in the Spanish olives, and if you don't it will still be fine without it. Let it all simmer on low heat for about an



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hour while you make sure that you stir often and taste as you add the spices and oregano.

Finally serve the kidney bean stew over rice with some whole wheat pitas for dunking.

If there is any, add leftover rice to the stew and refrigerate it, the taste is even better the next day.

S&W Beans

What makes vegetarian recipes tasty, like anything that is a collection of elements, is the quality of the individual ingredients. And in the recipe above the main ingredient is the kidney bean. Therefore, it is imperative that the beans be of the best quality: fresh and organic. And for over 100 years, a San Francisco company has been producing and serving only the best in not only kidney but a dozen more varieties of beans. This company is S&W Beans.

If you need to buy beans for the ingredients of your vegetarian recipes then make sure you go to the best in the business: S&W Beans. Visit us at: <http://www.swbeans.com/>

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