

Crockpot “Turkey” Stew

2.5 lbs vegetable protein of choice

½ Tbs salt

1 Tbs chili powder

1 Tbs Cumin

1 Tbs Oregano

1 Tbs Basil

1 Tbs Parsley

½ Tbs Paprika

½ Cup flour

8 Chopped carrots

8 Celery

4 Red Potatoes

1 Quart of Vegetable Broth

Throw it all in the crockpot on
low overnight.

From Shelitha Mayberry

The Living Way Ministries