

# Potato Dill Stew



## Ingredients

- 3 potatoes
- 2 carrots
- 1 cup peas
- 1 onion
- 4-5 stalks of fresh dill
- 3 tbsp tomato paste
- 2 tbsp minced garlic
- 1 tsp salt
- 1/2 tsp pepper

## Method

1. Finely chop onion and sauté with olive oil until translucent.

2. Add finely-chopped dill, salt, pepper, diced carrots, and peas, and sauté for several more minutes.
3. Dissolve tomato paste in 1/2 cup of hot water, and add to pan.
4. Peel potatoes and dice to 1" cubes, and add to pan with 3 cups of water.
5. Bring to boil and simmer for 40 minutes or until potatoes and carrots are tender.
6. Turn off heat and rest for 1-48 hours before serving.

## Notes

For freezer meal prep, stop after adding the potatoes in Step 4 BEFORE adding water. Stir all ingredients together and transfer to freezer bags. When ready to use, defrost and add to crock pot in the morning along with 3 cups of water.

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