

Monica's Tabouli

Ingredients:

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 garlic cloves, pressed or chopped
- 1 carrot, chopped
- 2 cans (14.5 oz.) beans (two different types)
- 1 can (14.5 oz.) canned diced tomatoes
- $\frac{1}{4}$ cup frozen & diced butternut squash
- 1 cube vegetable bouillon
- 2 bay leaves
- 1 teaspoon each of ground cinnamon, ground cumin & ground paprika
- $\frac{1}{4}$ teaspoon chili powder.

Instructions:

Fry onion, garlic and carrots in the olive oil on medium heat until onion is soft.

Add rinsed or unrinsed cans of beans and tomatoes.

Add stock cube, bay leaves and spices.

Cook on medium to low heat for 15-30 minutes, stirring occasionally.

Add the butternut squash and cook for another 5 minutes.

Vary this recipe:

You can easily add or change out ingredients and spices:

- Onion - yellow, white, silver, charlottes, leek.
- Canned beans - Blackeye, cannellini, kidney, garbanzo, black beans.
- You can also use dried beans instead of canned.
- Frozen vegetables.
- Use other fresh or dried herbs & spices to your liking.
- Maybe add a dollop of plain yogurt at serving.