

# NYBG

EDIBLE ACADEMY  
HONEY & HARVEST WEEKEND



## ASOPAO VEGETARIANO VEGETARIAN GRAIN STEW

Prepared by Ysanet Batista, Woke Foods  
Yeild: 4 cups

### Ingredients

- 1 tablespoons canola oil
- ½ bunch scallion, small dice
- ½ cup red bell peppers, small dice
- 1 cup of kale, roughly chopped
- 1 teaspoon mashed garlic
- ½ tablespoon cilantro, finely chopped
- 1 cup of tomato sauce
- Juice of 1 lime
- 1 cup of bulgur wheat
- 1 ½ quarts of water or vegetable broth
- 1 ½ teaspoons of salt
- ½ cup of pumpkin, small dice
- ½ cup of peas
- ¼ teaspoon of pepper
- ¼ teaspoon of turmeric

### Instructions

Heat the oil over medium heat in a ¾ quart (3-liter) pot. Add scallions and mashed garlic. Sauté for 2 minutes. Mix in pumpkin, bell pepper, peas and bulgur wheat and cook for 3 minutes.

Pour in half of the water or vegetable broth. Add tomato sauce. Stir to mix well, then cover the pot.

Let simmer, stirring often to prevent the bulgur wheat from sticking to the bottom of the pot. Add water or vegetable broth as needed to maintain the same level of liquids.

Once the bulgur wheat has doubled in size and the grains have opened, add kale. Season with the remaining salt to taste; add turmeric, pepper, lime juice, and cilantro. Remove from the heat. It should have turned into a thick soup. If you find it to be too dry, stir in more water.