



Hearty Nutmeat Stew

- 1 can (15 ounce) Loma Linda Nutmeat
- 3 cups vegetable broth
- 1 (8 oz) can tomato sauce
- 1 cup V8 juice
- 1 onion, cut in chunks
- 2 carrots, cut in chunks
- 2 stalks celery, cut in chunks
- 1 sweet potato, peeled and cut in chunks
- 1 white potato, peeled and cut in chunks
- 1 tablespoon nutritional yeast
- 2 cloves garlic, minced
- 3 tablespoons Bragg Liquid Aminos (can substitute soy sauce)
- 1 tablespoon corn starch dissolved in 2-3 tablespoons cold water (can use other thickeners such as potato starch, agar agar, or tapioca starch)

Directions: Cut Nutmeat into 1 inch chunks, set aside. Put all remaining ingredients in a large saucepan. Bring to a boil. Reduce heat and cover. Simmer for 30 minutes. Stir in starch water to thicken broth. Add nutmeat and heat through.

Adapted from A Taste of Heaven