



Peruvian Cau Cau

1 can (20 ounce) Vege-Steak or Chik'n Bites, cut into pieces
4 potatoes, cubed
1 can (15 ounce) diced tomatoes
2 tablespoons minced garlic
1 red onion, finely diced
1 bag (8 ounce) frozen mixed vegetables
Fresh spearmint leaves, roughly chopped
Turmeric, cumin, pepper, and oregano, to taste
2-4 tablespoons cooking oil

Directions: Sauté the onion and garlic until lightly browned. Add the tomatoes, Vege-Steak, potatoes and seasonings and simmer until the potatoes are cooked. Add the frozen vegetables and simmer another 3-5 minutes. Add the fresh mint and salt to taste. Serve with rice.

Submitted by Elias S. of North Carolina