

# Carrot, Zucchini & Potato Stew

## Ingredients

- 1 carrot, sliced
- 1 small zucchini, diced
- 1 small potato, cubed
- 1/4 onion, chopped
- 1 garlic clove
- 1 tsp olive oil
- 1/2 tsp oregano
- 1 1/2 cups water or vegetable broth
- Sea salt to taste

## Instructions

1. In a pot, heat olive oil and sauté onion and garlic.
2. Add carrot, zucchini, potato, oregano, and water.
3. Bring to boil, then reduce to simmer.
4. Cook covered for 20–25 minutes until tender.
5. Serve warm.

## Benefits

Rich in potassium and fiber. A gentle, comforting meal that aids digestion and energy.