

**Betty's Easy Weeknight Stew, ( Revised Bumble Bee Stew With Ayurvedic Cooking Principles ) ; Vegetarian, Vegan options in Notes. Dosha Adjustments in note section below.**

**Betty Brown, CAS**

**Ingredients:**

- 1 Tbsp each: whole cumin seed, whole coriander seed, whole fennel seed to make cumin-coriander-fennel spice blend.
- 2 Tbsp. organic ghee
- 2 Tbsp. of ground cumin, coriander, fennel spice blend
- 2 Tbsp. ground onion powder
- 2-3 tsp. smoked paprika
- 1 tsp ground black pepper
- 1 tsp each dried oregano, dried thyme, dried basil
  
- 1 cup onion, diced small
- 1 cup carrots, diced small
- 1cup celery, diced  
(or use Fresh Mirepoix Vegetable Mix)
  
- 1 cup corn (fresh or frozen; Trader Joes Fire Roasted Corn is a good option)
- 1 lb. bag of organic frozen vegetable blend: peas, green beans, corn and carrots
- 30 oz. organic black beans (drained and rinsed)
  
- 1.5 pints of cherry tomatoes
- 1 inch knob of fresh ginger, peeled
- 2 cups vegetable broth (or chicken bone broth for non-veg. version)
  
- ¼ cup Coconut Aminos, BBQ or regular Coconut Aminos
- 2 Tbsp. Real Maple Syrup
  
- 2 tsp. finely ground Himalayan mineral salt
  
- Add extra paprika, black pepper, onion powder and mineral salt to taste



## Instant Pot Instructions

1. Add whole cumin, coriander and fennel seeds in a spice grinder to make a fine ground mixture. Set 2 Tbsp. of mixture and place in a small bowl.
2. Add all the other remaining dried spiced into the same bowl. Set aside
3. Add cherry tomatoes and fresh ginger into a highspeed blender and blend until smooth. Set aside.
4. Place Instant pot on “Saute” mode for 10 seconds. Add ghee and let it melt, then add all your dry ground spices. Stir to make sure it doesn’t burn for 2-3 seconds.
5. Add your diced onion, carrots, and celery (mirepoix mixture) into Instant Pot, stir and mix well until “Saute” mode is off.
6. Add to Instant Pot your corn, frozen vegetable blend, and black beans. Mix thoroughly.
7. Add the cherry tomato and ginger mixture to pot, and also the coconut aminos plus real maple syrup. Mix thoroughly.
8. Add mineral salt, mix again. Taste with clean spoon to see if extra spices are needed. Add accordingly.
9. Place Instant Pot setting on Beans/Chili, set for 10 minutes, and allow for natural release. It will take about 30 - 40 minutes.
10. Serve with cooked rice or another cooked grain of your choice.

## Notes:

### Stove Top Cooking Method

- Use a 6-8 quart Dutch oven or a heavy bottom large pot.
- Follow Steps 1-3 as written above.
- Step 4, set your heat on low and sauté spices for about 3 seconds, stirring and being careful not to burn.
- Step 5, add the mirepoix vegetables, increase heat to medium-low, sauté and stir.
- Step 6-8, add vegetables, beans, and cherry tomato ginger mixture to pot along with coconut aminos plus real maple syrup. Add mineral salt, then mix thoroughly. Taste to see if additional spices should be added.
- Setp9-10, with heat on medium-low, cover the pot with a lid, and cook for about 30 minutes. Serve with cooked rice or another cooked grain of your choice.

### Dosha Variations

- Vata Dosha: may add a dollop of ghee as a topping when you are ready to eat. Also may add a ¼ tsp. of red chili pepper to recipe. Serve stew with white basmati rice or amaranth.
- Kapha Dosha: may add ½ -1tsp. red chili pepper to recipe. Use less ghee-1 Tbsp. Serve stew with cooked quinoa, millet or buckwheat.
- Pitta Dosha: use 2 tsp. of paprika. Serve with white basmati rice, amaranth, quinoa, barley.

This recipe is vegetarian. To make this recipe vegan replace ghee with oil.

Olive oil for all doshas, coconut oil for Pitta dosha, sesame oil for Vata dosha, avocado oil for Vata and Pitta doshas, safflower oil for Kapha dosha.

This recipe is inspired by *Copycat J. Gumbo's Bumblebee Stew*: <https://nateandrachael.com/j-gumbos-bumblebee-stew-honey-stew/>