

Summer Stew with Herbed Butter  
by: Table for Two

Ingredients:

4 tbsp unsalted butter, softened  
1 - 1 1/2 tbsp fresh chopped marjoram (3-4 tsp dried)  
1 - 1 1/2 tbsp chopped fresh basil (3-4 tsp dried)  
1 - 1 1/2 tbsp chopped fresh parsley (3-4 tsp dried)  
1/2 tsp lemon zest  
Salt to taste  
Pepper to taste

1/2 pound green beans, cut into 1/2" pieces  
1 tbsp olive oil  
1 medium onion, diced (1 tsp onion powder)  
1 garlic clove, chopped (1/4 tsp granulated garlic or garlic powder)  
1/2 vegetable broth  
1/2 pound yellow squash, diced  
1 red or yellow bell pepper, diced  
1 large ripe tomato, diced (peeling optional)  
3 cups fresh or frozen corn kernels  
1/2 tsp kosher salt  
Additional ground black pepper to taste

Instructions:

1. Combine the butter, herbs, lemon zest, salt and pepper in a small bowl.
2. Bring a pot of salted water to boil and add the beans, Parboil for 2 minutes and drain.
3. Heat the oil in a dutch oven over medium heat. Add the onions and saute' until soft and translucent, about 8 minutes. Add the garlic and saute' 1 additional minute.
4. Add broth, reduce heat to low, and simmer, covered, for 5 minutes.
5. Add the green beans, squash, bell pepper, tomato and corn.
6. Season with salt and simmer for 10 minutes or until vegetables are tender.
7. Add the herb butter and stir
8. Season with additional salt and pepper to taste.

Converting fresh to dried herbs - [www.healthwithfoods.org](http://www.healthwithfoods.org)

Ratios for Converting Fresh Herbs - 3 portions of fresh herb = 1 portion of dried herb

Tablespoon to teaspoon conversion - 1 tbsp fresh = 3 tsp dried herb

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