

## Summer Vegetable Stew

½ cup diced onion  
2 tsp. minced garlic  
2 tbsp. butter  
2 cups diced potatoes  
2 cups diced carrots  
1 14-oz. can chicken broth  
1 medium zucchini diced  
2 large tomatoes diced  
1 14-oz. can corn  
½ tsp rubbed sage  
½ tsp all-purpose seasoning  
1 can diced chicken or ham



**Many of the above ingredients may be found at the State Street Farmer's Market.**

In a large stockpot, heat butter, onions, garlic, potatoes, and carrots over medium heat. Cook for about 5 minutes, stirring, until onions are translucent.

Add chicken broth. Cover and cook for 15 minutes or until potatoes and carrots are soft.

Add in tomatoes, corn, zucchini, chicken or ham (optional) and seasonings except cornstarch. Heat for another 10-15 minutes or until mixture is hot and beginning to boil.

Reduce heat and add all but 3 TBSP of the evaporated milk. Mix remaining evaporated milk with corn starch and stir until combined. Add to stew. Simmer for an additional 10 minutes. Salt and pepper to taste.