

# Stew Recipe



This recipe is very easy, but be sure to get help from an adult to open the cans and use the stove.

## You'll need:

- 1 (14½ oz.) can diced tomatoes, with liquid
- 1 (15¼ oz.) can whole kernel corn, undrained
- 1 (15 oz.) can ready to serve minestrone soup
- 1 (15 oz.) can mixed vegetables, undrained
- 1 (15 oz.) can black beans, drained and rinsed

## Instructions:

1. Mix all ingredients in a pot, season to taste.
2. Bring to a boil, then lower heat and simmer at least 15 minutes..
3. Remove from heat and serve.