



# WAKAVAKI

(Beef and vegetable stew)



## INGREDIENTS

- 2 lbs lean beef or other lean protein
- 2 1/3 quart of water
- 1 1/2 cups pre-soaked garbanzo beans (or 3-4 cans, drained)
- 1 whole medium cabbage
- 4-6 carrots, peeled and diced
- 3 medium corn on the cob cut into 3 inch pieces (fresh or frozen).
- 3 medium zucchini or other summer squash
- 1/2 medium onion
- 3 cloves of garlic
- 2 cups of green beans, ends trimmed (fresh, frozen, or canned, drained)
- 1 medium tomato (optional)

## DIRECTIONS

1. Wash hands and ingredients thoroughly.
2. In a large stock pot, add water and beef. Bring to a boil and cook for 1 hour.
3. Add the garbanzo beans, cabbage, carrots, corn on the cob, zucchini, onion, garlic, green beans, and tomato (if using).
4. Return the soup to a medium boil and cook until meat and vegetables are tender.



## PASCUA YAQUI TRIBE

Diabetes Prevention & Treatment Program

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