

Courtesy of Auburn Angel

SOUPS & STEWS Auburn Angel

Southern potato vegetable stew from Auburn Angel

By Sarra Sedghi · Rough Draft Atlanta, 1/27/2026

Ingredients

- [ ] 2 Tbsp olive oil
- [ ] 1 onion, chopped
- [ ] 2 garlic cloves, minced
- [ ] 3 medium potatoes, peeled and diced
- [ ] 2 carrots, chopped
- [ ] 2 celery stalks, chopped
- [ ] 1 bell pepper (green or red), chopped
- [ ] 1 zucchini, diced
- [ ] 1 cup green beans, trimmed and cut into pieces
- [ ] 4 cups vegetable broth
- [ ] 1 tsp dried thyme
- [ ] 1 tsp smoked paprika
- [ ] 1 tsp cayenne pepper (optional)

Directions

1. Heat the olive oil over medium in a large pot or Dutch oven. Add the chopped onion and garlic, sautéing until the onion becomes translucent, about 3 to 4 minutes.
2. Stir in the diced potatoes, carrots, celery, bell pepper, zucchini, and green beans. Cook for about 5 to 7 minutes, stirring occasionally.
3. Sprinkle in the thyme, smoked paprika, salt, and pepper. Mix well to coat the vegetables.
4. Pour in the vegetable broth and add the diced tomatoes with juices. Bring the mixture to a boil. Reduce the heat, cover, and let simmer for about 25 to 30 minutes, or until the potatoes and other vegetables are tender.
5. Stir in the corn kernels and cook for an additional 5 minutes. Taste and adjust the seasoning with more salt and pepper, if needed.
6. Ladle the stew into bowls and garnish with fresh parsley, if desired.

- [ ] Salt and pepper to taste
- [ ] 1 cup fresh, frozen, or canned corn kernels
- [ ] 1 cup diced Roma tomatoes
- [ ] 1/2 cup chopped mushrooms of choice
- [ ] Fresh parsley for garnish (optional)

The story

This week, we're sharing the Southern potato vegetable stew recipe from Sweet Auburn restaurant Auburn Angel. Executive chef and co-owner Robert Butts recalls his mother making this stew during a childhood snow day.

"We were snowed in the house for a few days and we didn't have many groceries. The power went out, so candlelight and the gas stove were the only options to see and cook," Butts said. "When she first made this for me, you could smell the love that was coming together in that pot. From the herbs to the garlic, the aromatics were amazing. On the first bite, the richness from the potato was so satisfying."

Butts' mother shared the soup with her neighbors and started a new tradition, which Butts continues by serving it as a welcome dish at Auburn Angel.

Butts recommends sourcing as many ingredients as possible from your local farmers market, but you'll be able to find everything you need for the recipe at a regular grocery store.

While it's a simple recipe, Butts said to take your time and have fun with the process. "Build the flavors slowly, because it's so worth it."

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