

SWEET POTATO MUSHROOM STEW

At this time of the year it might be hard finding all the veggies we see during our summer months so here are a couple of recipes with yams (sweet potatoes) & frozen peas that are still easy to find in the stores .

Ingredients needed: serves 2

- 1 medium sweet potato (or 2 red potatoes)
- 1 medium package of assorted mushrooms
- 2 tbsp coconut oil
- $\frac{1}{4}$ cup sweet onion finely chopped
- 2 tbsp apple cider vinegar
- 2 tbsp organic Dijon mustard
- 1 tbsp maple syrup
- 1-2 tbsp naturally fermented soya sauce
- Sea salt to taste
- 2 cloves garlic (or 1-2 tsp garlic powder)
- $\frac{1}{2}$ cup frozen peas
- 2 bay leaves
- $\frac{1}{2}$ cup quinoa (soak for 20-30 minutes then drain)
- 1 cup kale or Swiss chard (chopped)



Step 1: prepare and cook sweet potato

- Scrub clean and cut into 1" cubes – boil in 2 cups water and sea salt to taste until tender (about 20 minutes)

Step 2: prepare mushrooms

- Wash and cut off ends of the stem then sauté in coconut oil and $\frac{1}{4}$ cup water with the onion and garlic until all is tender (about 20 minutes)
- Drain the sweet potato water and put aside the water and the potatoes until ready to add
- Then add the mustard, maple syrup, soya sauce, bay leaves and 1 cup of the sweet potato water simmer on low

Step 3: putting it all together

- Now add the quinoa and peas and continue cooking on medium/low until the quinoa is soft (about 20 minutes)
- Just before serving add the cooked sweet potatoes and the chopped kale and toss until well coated (you can add more sweet potato water if needed – season with sea salt and simmer for a few minutes)

Step 4: Remember to remove the bay leaves before serving

YAM SKILLET DINNER

Ingredients needed: serves two

- 3 tbsp coconut oil
- ¼ cup onion (diced)
- 2 cloves of garlic (minced)
- 1 cup water
- 1 large Yam (diced)
- ¼ cup rice
- 1 tsp Sea salt
- 1 tsp curry (optional)
- 10 grape tomatoes (sliced in half)
- ½ cup frozen peas



Step 1: put the following into your skillet then let simmer on med-low for 5-10 minutes

- Coconut oil, onion & garlic

Step 2: add the next set of ingredients and cover then simmer for 20-30 minutes

- 1 cup water, yams, rice, sea salt & curry
- Add more water so it does not dry out
- Stir once or twice as the rice cooks and the yams become tender

Step 3: add the rest listed below and simmer for 5-10 minutes

- grape tomatoes, frozen peas and water if need plus sea salt to taste

Serve as a side dish with your big salad.

BROCCOLI YAM BOWL

Sometimes it is nice to have some cooked vegetables after a nice big salad for part of your evening meal. Here is another one with yams, peas, Brussels's sprouts and broccoli (of course you can substitute any of your own favorite veggie).

Step 1: cooking the yam – I like to just prick it with a fork and put in 400F oven for 45-60 minutes until tender then slice in half when ready to serve

Step 2: cooking veggies with a steamer makes it easy – just add water to the bottom of your steaming pot and put the broccoli in small pieces and Brussels's sprouts into the top and steam for 15-20 minutes until tender

Step 3: meatless stew with peas – in a small frying pan put the following and simmer for 10 minutes

- $\frac{1}{2}$ cup meatless ground round
- 2 tbsp coconut oil
- $\frac{1}{4}$ cup chopped onion
- 1-2 cloves of garlic minced

Add the following and continue simmering for another 10-20 minutes while your yam is baking

- 2-3 tbsp water
- $\frac{1}{2}$ cup frozen peas
- $\frac{1}{2}$ cup stewed tomatoes
- Sea salt and cayenne pepper to taste

Step 4: put the meatless stew in baking dish – add the steamed veggies and keep in a warm oven until ready to serve with the yam

