

Fall Veggie Stews

Mushroom Squash Bowl

Ingredients: serves 6

- 2 tbsp coconut oil
- ½ cup diced onion
- ¼ cup chopped celery
- 1-2 cloves of garlic minced
- 2 cups diced mushrooms
- 1 cup squash diced
- 8-9 green beans cut
- 1 small can diced tomatoes
- 2 cups water
- ⅔ sweet peas
- 3-5 fresh basil leaves (chopped)
- 1 tsp turmeric
- Sea salt to taste
- 1 tsp cayenne pepper (optional)
- 1 cup rice with 2 cups water (see cooked rice instructions below)



Follow these easy steps to make a hearty fall dinner:

Step 1: Sauté the following in a medium saucepan until brown (about 5-8 minutes)

- 2 tbsp coconut oil
- ½ cup diced onion
- ¼ cup chopped celery
- 1-2 cloves of garlic minced
- 2 cups mushrooms diced

Step 2: Add the following and cook for 20-25 minutes until carrots are tender

- 2 carrots diced
- 8-9 green beans cut
- 1 small can diced tomatoes
- 2 cups water

Step 3: Add the following and simmer on low for another 20 minutes while rice cooks:

- ⅔ sweet peas
- 3-5 fresh basil leaves (chopped)
- 1 tsp turmeric
- Sea salt to taste
- 1 tsp cayenne pepper (optional)

Step 4: Make the Rice while the stew simmers on low

Step 5: Serve the stew over a scoop of steamed rice

Here is my recipe for making rice nice and easy!

Steamed Rice: 1 cup raw rice = 3 cups cooked rice

Make your favorite steamed brown rice – here is my simple recipe

In a saucepan sauté the following until browned:

- 2 tbsp. grape seed oil
- ¼ cup orzo pasta

Add 2 ¼ cups water – bring this to a quick boil then add:

- 1 cup brown Basmati Rice

Cover and cook on low/medium heat for 20-25 minutes



Brussels's Sprout and Squash Casserole

Ingredients needed: serves 4

- 1 cup Brussels's Sprouts
- 1 cup squash (cubed)
- ¼ cup sweet onion finely diced
- 1 clove garlic finely minced
- 2 tbsp olive oil
- ½ cup pure water
- 1 tsp of each: nutmeg and ginger
- ½ tsp turmeric
- ½ cup cooked rice
- 2 tbsp marmalade or apricot organic jams

Follow the 3 easy steps for a delicious fall dinner:

Step 1: Make the rice (see recipes above) while your vegetables are cooking

Step 2: cook squash (cook in water for 20-30 minutes until tender)

Step 3: cook Brussels's Sprout (cook in water for 20-30 minutes)

Step 4: Cook the sauce by sautéing the following on low-medium heat for 5-10 minutes:

- ¼ cup sweet onion finely diced
- 1 clove garlic finely minced
- 2 tbsp olive oil
- 1 tsp of each: nutmeg and ginger
- ½ tsp turmeric
- 2 tbsp marmalade or apricot organic jams

Step 5: Combine the sauce in a casserole with the squash & Brussels's sprouts and serve over a scoop of the cooked rice

