

Comfort Food for the rainy spring days

Beet Borsch

Ingredients needed: serves 4

- ½ cup onion (finely chopped)
- 2 cloves garlic (minced)
- 3-4 tbsp coconut oil
- 2 medium beets (grated)
- 2 carrots (grated)
- 2 medium potatoes (cubed)
- 1 cup cabbage (shredded)



- 4 cups water
- ½ cup tomatoes diced
- 2 tbsp dried dill
- 2-3 tsp sea salt
- 2-3 tbsp lemon fresh juice
- 2 bay leaves

Step 1: In a large skillet sauté the onion & garlic in the coconut oil for 5 minutes

Step 2: add the water with the beets, carrots, cabbage, tomatoes and potatoes and simmer on low heat for 15 minutes

Step 3: add the seasoning: dill, sea salt, lemon and bay leaves and let simmer for another 30 minutes

Step 4: eat as a chunky soup (top picture) or you can puree it to make a really smooth soup as in this → picture.



Warm Potato Salad

Ingredients needed: serves 4

- 3-4 medium potatoes (cubed into bite size pieces with the skin on)
- 2 carrots (diced)
- ½ cup frozen peas (thawed)
- ½ cup cucumber (diced)
- 3-4 dill pickles (diced)
- ½ cup green onion (finely chopped)
- Season with about 1 tsp sea salt

Step 1: Boil the potatoes & carrots until tender

Step 2: Put the peas, cucumber, green onion dill pickles into a bowl and add the potatoes once they are slightly cooled then toss with the sea salt and dressing below.

Dill Mayonnaise: makes ½ cup

Put the following ingredients into you blender and blend until a creamy mixture:

- ½ cup extra virgin olive oil
- 2 lemons juiced
- 1 tbsp dill pickle juice
- 2 tsp dried dill (or 1-2 tbsp. chopped fresh dill)
- 3 tbsp sunflower seeds



Veggies on a Stick

This is a very simple meal to make just grill the veggies then arrange them on a stick. My grandchild and grandniece will not eat most vegetables but when they help grill them and I let them put them on a stick they loved them.

Ingredients used: 8 sticks

- small potatoes
- medium cremino mushrooms
- sweet potato
- Brussels sprouts
- bell peppers (optional)
- grape tomatoes

Step 1: cut up the veggies to bite sized pieces (4-6 pieces for each per person)

Step 2: oil a large baking dish or pan with olive oil and spread the veggies on it basting them with some olive oil as well

Step 3: season the veggies with sea salt, basil and garlic powder

Step 4: grill at 375F for 30-45 minutes until tender (mushrooms will be ready in about 20 minutes)

Step 5: slide the veggies on sticks alternately with some grape tomatoes and serve with a big salad



Swiss Chard & Creamed Rice

Ingredients: serves 3-4

- 2 tbsp coconut oil
- ¼ cup finely diced onion
- ¼ cup finely diced celery
- 1-2 cloves of garlic minced
- ½ cup frozen peas
- ½ cup diced yellow zucchini
- ¼ cup diced red peppers (you can use hot peppers if you want heat)
- ½ cup uncooked brown rice
- 1 ½ cups coconut milk
- 1 cup water as needed
- 2 cups chopped Swiss chard

Step 1: sauté with the coconut oil

onions, celery, garlic, and peppers until tender (about 15 minutes)

Step 2: add peppers and peas and continue sautéing for another 10 minutes

Step 3: add coconut milk and rice with seasoning (1 tsp of each sea salt, turmeric, dried basil and ginger) and simmer on med-low with the lid on for 30-45 minutes (stir occasionally and add more water as needed also sea salt if needed)

Step 4: once the rice is cooked add some water then the Swiss chard and continue cooking until it becomes limp (about 10 minutes). **Step 5:** Sprinkle with nutritional yeast and serve.

