

Riverview Wellness Center

Recipe

Client Name: Mindy Ostrow

Recipe for: Eastern European Vegetable Stew

Ingredients: 2 Tbsp olive oil
2 cups chopped onions
3 garlic cloves, minced or pressed
1 cup peeled and diced potatoes
1 cup peeled and diced carrots
1 cup peeled and diced parsnips
2 cups peeled and diced turnips and/or rutabaga
2 cups peeled and diced beets
6 cups water or broth
2 bay leaves
1 Tbsp minced, fresh thyme (1 tsp dried)
¼ cup cider vinegar
5 cups rinsed and chopped beet greens, swiss chard or spinach
salt and pepper to taste

Preparation: In a large soup pot, heat the oil and add onions and garlic. Cover and sauté on medium heat for about 7 minutes, stirring frequently until the onions are soft. Add the potatoes, carrots, parsnips, turnips and/or rutabaga, beets, water, salt, bay leaves and herbs. Cover and bring to a boil then cook on medium-low for 15 minutes. Add vinegar and greens. Simmer for 5-10 min. until greens are tender. Add salt & pepper to taste. Discard bay leaves.

