

Riverview Wellness Center

Recipe

Client Name: Toni VanNostrand

Recipe for: Good Earth Stew

Ingredients: 2 onions
3 cloves garlic
1 Tbsp olive oil
1 large turnip
2 carrots
2 celery stalks
1 each yam and zucchini
1 lb chopped kale or spinach
1 cup wax beans
bay leaf
salt and pepper
1/2 sp paprika
sprigs of tarragon, rosemary, oregano and sage
1 Roma tomato

Preparation: Peel and sauté onions and garlic in olive oil with bay leaf for 5 minutes or until onions are translucent. Peel and cube turnip, yam and carrots. Add these to garlic and onions with chopped celery and chopped tomato.

Add paprika, salt and pepper to taste. Cook for 10 minutes over low heat. Add remaining ingredients and simmer for 50 minutes. Remove bay leaf and serve.

Serves 4.