

Winter Vegetable Stew

This winter stew recipe from the culinary team at The Ranch is a great way to get a healthy lunch or dinner on the table in minutes.

This healthy stew is inspired by traditional Ayurvedic Kitchari, a one-pot meal that combines rice and mung beans seasoned with spices and vegetables. This particular combination creates a balancing effect on the three bodily doshas or life forces: vata, kapha, and pitta.

INGREDIENTS:

1 cup mung beans or red lentils, washed
1 cup brown rice
1 large carrot, peeled and cut into dice
2 celery stalks, diced
2 cups seasonal vegetables, cubed (*butternut squash, carrots, parsnips, kohlrabi, sweet potato*)
2 inches ginger, minced
2 garlic cloves, minced
1 tsp ground turmeric
1 tsp coriander seeds
1 tbsp. winter spice blend (*equal parts cinnamon, ginger, cardamom, star anise, and slightly less clove, nutmeg*)
or, substitute with spices you prefer
2 tbsp. ghee or coconut oil
1 dried shiitake mushroom
1 bay leaf
4 cups vegetable broth or water
Salt and pepper to taste
Fresh cilantro or basil, chopped
1/2 cup organic Greek yogurt or coconut cream
1 lime, sliced

¡Buen Provecho!

from the Culinary Team at Rancho La Puerta

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METHOD:

1. Place the ghee or coconut oil in a soup pot and add the ginger and garlic. Add the spices and toast until fragrant.
2. Add the mung beans, brown rice, bay leaf, dried shiitake, vegetable broth, and season with some salt. Cover with a lid and cook on medium-low heat for 15 minutes or until the rice and beans soften.
3. Remove the shiitake mushroom, slice thinly and return to the pot.
4. Stir in the diced vegetables and add more vegetable broth if need.
5. Season to taste with salt and pepper and let cook for another 10 minutes or until the vegetables are cooked. Remove the bay leaf from the stew.
6. Finish by adding the chopped greens and stir.
7. Serve hot with a dollop of Greek yogurt or coconut cream, freshly chopped cilantro and lime slices.

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