

Recipe – Root Vegetable Stew with Miso and Pistachios

Ingredients:

- 3 large garnet yams, peeled, washed and diced large
- 3 large parsnips, peeled, washed and diced large
- 2 onions, chopped
- 3 large beets, peeled, washed and diced large
- 3 turnips, peeled, washed and diced large
- olive oil or coconut fat
- coarse salt
- 3 large leeks, cleaned well and thinly sliced
- 1 head of garlic cloves, peeled, minced
- 6 cups weak vegetable broth (1/2 strength)
- 1 cup apple cider
- ¼ cup miso
- water, as needed
- 1/3 cup salted, chopped pistachios

Directions:

Spread the diced vegetables on a baking pan or roasting pan and drizzle on just enough oil to coat when you toss them. Sprinkle on a little coarse salt.

Bake at 350 degrees until almost tender.

Meanwhile, sauté the leeks and garlic in a large soup pot in just enough oil to coat the pan.

Add the vegetable broth and cider and simmer 5 minutes.

Add the roasted vegetables and bring to a simmer.

Turn off the heat.

Mix a little hot broth in with the miso and break up clumps with fork or chopsticks. Stir it into the stew. Do not heat again once miso is in as it will ruin the health benefits of the miso. Add water if needed. It should be a thick, chunky stew with a little broth.

Serve topped with a spoonful of pistachios.

Serves 8 – 10.