



**Food
healers**



Vega's Unity Stew Recipe

Food Healers relies on the fact that healthy, immune-boosting, healthy Vegan meals can be created at very low cost especially when cooked in volume. As such, it begins with a simple template for a "Unity Stew" with common ingredients that can be procured at low cost. Many of the ingredients can be sourced locally so that the community can participate in the creation of the Unity Stew through local growing efforts.

Here's the recipe template for the Unity Stew (serves 5):

Ingredients:

- 2 cups cooked legumes (red/black/pinto beans or lentils) - 20c
- 2 cups mixed vegetables, cut and cubed
(typically potatoes, carrots, celery, sweet potatoes, squash, pumpkin, etc.) - 40c
- 1 cup grains (whole grain pasta, brown rice, barley etc.) - 20c
- 1 medium onion - 30c
- 1 tomato - 40c
- Juice of 1 lime or lemon - 30c
- 1/2 inch stick of ginger - 20c
- 1 cup chopped herbs and greens (rosemary, thyme, cilantro, spinach, kale, chard, etc.) - 40c
- salt and spices to taste
- 1/2 tsp turmeric powder - 5c
- pinch of asafetida - 5c
- 4 cups water
- Total cost - \$2.50 retail for 5 meals, based on retail prices

Recipe:

Puree onion, tomato and ginger into a paste. Bring water to boil, add cut vegetables, tomato onion paste, turmeric, lemon juice, asafetida, spices and salt.

(The ginger and asafetida serve to alleviate "gasiness" from the beans and lentils.)

Simmer until vegetables are cooked. Add cooked beans, herbs and greens, and grains.

Simmer for 10mins or until grains are cooked. Set stew to cool. Makes 8 cups of stew or 5 servings.

Bon Appetit,

Vega,

**Cow and Climate Healer
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