



EASY MEALS

FAST & DELICIOUS

 20 minutes

 4-6 servings



If you're finding it difficult to prepare a healthy meal full of fresh veggies these suggestions are for you. The general concept is to gather a few veggies that you like (broccoli, bok choy, Brussel sprouts, zucchini, peppers, kale, collards, carrots, celery, green beans, arugula, spinach, etc) chop them up, steam or sauté them and generously drizzle one of the tasty sauces below.

INGREDIENTS

2 cups veggies of your choice

1 clove garlic

1 small onion or spring onions

¼ - ½ cup rice

½ teaspoon caraway seeds, cumin or coriander

1 tbs ghee

DIRECTIONS

1. Using a pot or rice cooker add your rice, caraway seeds, cumin **or** coriander seeds & 1 tbs of ghee. Bring to a boil & then turn down to very low heat. Allow rice to cook until it's tender.
2. As the rice cooks chop veggies of your choice along with onion & garlic & add them to a pan & steam/sauté for 5-10 min. Alternatively you can lightly oil them & stick them in a air-fryer for 10-15min on the roast setting.
3. Next up is making your sauce (see next page). This require no cooking just a little chopping. Each sauce can be prepared in big batches & frozen into portions for easy meal prep.
4. Feel free to add your choice of protein when preparing your veggies.

NO COOK SAUCES/DRESSINGS

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🕒 15 minutes

🍴 4-6 servings



EQUIPMENT

- Hamilton Beach hand blender/emersion blender
- one - five 2 cup wide mouth ball jars with lids

DIRECTIONS

Chop all ingredients & place into a 2 cup wide mouth Ball jar. Using a hand blender mix the ingredients & you're done! If too thick add a little more water or oil. Can prepare in big batches & freeze portions.

Orange Dressing

½ of an organic orange juiced
tbs orange zest
½ - 1 tbs fresh minced ginger
½ - 1 tbs turmeric
1 clove garlic crushed & minced
3 tbs of fire cider or apple cider vinegar (w/ "mother")
5 tbs olive oil
2-3 tbs filtered water

Green Apple Dressing

½ of an avocado
½ of a green apple
3 tbs of fire cider or apple cider vinegar (w/ "mother")
1 tablespoon olive oil
5 tbs of filtered water

Ginger & Turmeric Dressing

2 tbs fresh ginger peeled & chopped
2 tbs fresh turmeric peeled & chopped
3 tbs of fire cider or apple cider vinegar (w/ "mother")
1 tablespoon olive oil
3-5 tbs of water if needed

30 sec Dressing for salads or over meat or rice

3 tbs Fire Cider (made with apple cider vinegar)
1 tbs mustard
4 tbs olive oil
Add to a glass jar & shake
Optional: add herbs of choice (oregano, basil, thyme, etc)