

Ratatouille

- 1 onion, chopped
- 1 cup chopped eggplant
- 1 cup chopped zucchini
- 1 stick chopped celery
- 1 tablesp. chopped parsley
- 400 g. tin tomatoes, or equivalent in fresh
- 1 dessertsp. cold-pressed olive oil
- 1 dessertsp. miso or vegetable stock

1. Saute onion in olive oil.
2. Stir in other vegetables except for tomatoes and continue to stir-fry for a minute.
3. Dissolve the miso or stock cube with a little boiling water.
4. Add this stock to the vegetables and simmer until eggplant is cooked.
5. Lastly add tomatoes and stir in very gently.
6. Serve with brown rice.

Curried Vegetables and Brown Rice

- 1 onion, chopped
- 1 dessertsp. olive oil
- 1 cup diced pumpkin
- 1 mixed vegetables – carrot, sweet potato, celery, zucchini
- 1 teasp. turmeric
- 1 chopped fresh tomato
- ½ teasp. coriander, or some fresh coriander
- ½ teasp. cumin
- ¼ cup sultanas
- ½ teasp. Celtic salt
- 1 cup water

1. Saute onion in olive oil.
2. Add all other ingredients and simmer for 20 minutes.
3. Serve over brown rice. Add some nuts or pepitas for protein.