FAST FLAVORFUL VEGGIES

This sautéed base mixture can be added to almost any steamed veggies and customized with flavors such as “Italian”, “Mexican”, “Asian”. Makes 6-8 cups of served veggies with options below. Prep+cook time 15-20’.

Using some “prepared” ingredients saves cooking time while still allowing a centerpiece of fresh veggies on your plate. I found all these ingredients at my local food club, BJ’s.

1 medium onion: chopped

Garlic: 2 tbsp of bottled diced garlic or 2-3 fresh cloves in garlic press

Roasted Red Peppers: ½ of 36 oz jar. Cut into bite-size or smaller pieces

Mushrooms: 2 4-oz. cans drained or chop fresh mushrooms into 1 cup of bite sized pieces

1 T. virgin olive oil or avocado oil for sautéing

In a large skillet, warm the oil while chopping the onion and garlic. Add onion and garlic to oil to sauté, stirring occasionally while chopping the mushrooms. Add the mushrooms while chopping the peppers. When onions and garlic are about ½ way to being done, ie. partially translucent, add the peppers. When onions and mushrooms are cooked, add options as below:

OPTIONS that can be steaming while you prepare the above. It may be sized better for serving to chop the veggies into bite-size pieces before steaming:

1 large bunch asparagus

1 ½ lbs of fresh green beans

6 cups (before cooking size) of greens: spinach, kale, collards

3 medium squash or zucchini

1 cubed eggplant

3 heads broccoli or 1 head cauliflower

Sea salt and pepper to taste, or use Mrs. Dash flavorings to avoid salt

Italian spices to taste: basil, oregano, parsley, thyme, caraway, fennel seed

Mexican spices to taste: cumin, chili powder, chipotle sprinkles, parsley, smoked paprika

Asian: soy sauce or teriyaki sauce (substitute Bragg’s Aminos or coconut aminos for the gluten-free), ginger, curry, substitute spicy toasted sesame oil for olive oil

Protein options: garbanzos, pink beans, black beans, black-eyed peas. Bite-sized chunks of chicken, turkey, bison, fish, shrimp.

Consider adding 3 Tbsp of ghee (clarified butter) at the end of sauté if you can tolerate this and do not have other fats at your meal.