



# Spiced Winter Stew with Cumin & Coriander

Makes 6–8 servings ~ \$14.00 (\$1.75 per serving for 8)

This stew is a one pot deal perfect for almost all winter vegetables. Parsnips, turnips, squash, broccoli, etc. can all be added or substituted. I like to serve this over brown rice and next day, puree the extra into a hearty soup. Shrimp, tofu or pounded chicken can be added towards the end for extra protein. I usually add a can of drained and rinsed soybeans to create a complete protein.

## Ingredients

1/2 teaspoon cardamom  
1/4 teaspoon ground cinnamon  
1 1/2 teaspoon turmeric  
1 teaspoon red pepper flakes  
1 1/2 teaspoon ground cumin  
2 teaspoons ground coriander  
1/2 teaspoon ground fennel  
3 Tablespoons butter or olive oil  
1 large white onion, very finely chopped  
1 inch knob fresh ginger, peeled & minced

3 medium cloves garlic, peeled & minced  
1 lb. tiny potatoes, sliced in 1/4 slices or circles  
(I like mixed color fingerlings)  
1 small head cauliflower, about 1 1/2 pound  
(try the bright orange or purple ones)  
4 carrots, peeled and sliced on a 1/4 inch bias  
(again mixed colors from the Farmers Market)  
1/4 cup toasted almond slivers or New Mexican pine nuts  
1 13.5 oz. can coconut milk, unsweetened  
Sea salt & pepper to taste

## Directions

1. Combine your spices in a bowl.
2. Heat the butter/oil in a heavy soup pot. Add onions and cook over medium heat until slightly translucent. Chop your vegetables while this is cooking slowly. Add ginger and garlic. Cook for 2 minutes. Be careful not to brown the garlic. Add the spice mixture and cook for 3 minutes until fragrant, stirring often. The mixture will appear rather dry as you toast the spices.
3. Add the cauliflower, carrots, potatoes and almonds. Add 1/2 teaspoon sea salt and a few grinds of pepper.
4. Stir all the ingredients and add 4 cups of water. Chicken or vegetable stock may also be used. Stir gently and cover. Crack the lid a bit to allow steam to release and simmer for 25 minutes, or until the potatoes are cooked. Stir in one can of coconut milk and test for salt seasoning.

## Notes:

- Add beans, shrimp, chicken or tofu 10 minutes before finished. Make sure the tofu is firm and pressed free of liquids.
- Add ribbons of leafy greens towards the end for extra fun. Serve over rice or Asian noodles.
- Add extra broth if you would like it souper. Puree extra for a thick soup.
- Feel free to experiment and create other flavor profiles. This recipe can easily be vegan, vegetarian or carnivore.
- A dab of thick yogurt on top is very tasty.
- This soup is also yummy with winter squashes instead of root vegetables.
- Buy all your veggies at the Farmers Market...it makes a HUGE difference!

Recipe courtesy of Tracy Pikhart Ritter.

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