

## Winter Stew

This recipe should be considered and prepared a few days before being served to allow time for the grains to soak and sprout slightly unless you already have your grains sprouted.

1/2 c. of choice of dry grain

1 medium onion diced (about 2 cups)

1 small sweet potato or potato diced medium (about 2 cups)

1 c. celery diced

2 c. carrots

2 c. winter squash diced medium

2 c. mushrooms diced

2 bay leaves

1 t. oregano leaves

1 t. rosemary leaves

1 t. fennel seed

¼ c. liquid aminos or vegetable stock

Salt to taste (about 1 t.)

¼ t. cayenne (optional)

2 large cloves of garlic minced

5-6 c. water



Soak your grain of choice overnight and

then let sprout for a day. This should get a tiny tail coming out of the grain. See sprouting instructions in the link listed above. When you are ready to use the sprouts, be sure to rinse them before using. I often use rye.

Combine onions, sweet potato, celery, carrots, and water in a 6 quart pot. Bring to a boil and then simmer for about 20 minutes. Next add winter squash, mushrooms, bay leaves, oregano, rosemary, fennel, liquid aminos or stock and salt. Let cook another 20 minutes at a simmer or until winter squash, carrots, and potatoes are softened. Remove bay leaves and take 3 to 4 cups of the mixture out to cool for a bit and then blend it until smooth. This provides a creamy consistency. Return creamed portion to the pot of remaining stew. Next *add the amount of sprouted grains that you wish* and the garlic. (Note-The grains will be soft and chewy. You can put the sprouted grains in the blender or food processor to get a more “ground meat” texture.) You may need to adjust seasoning or liquid as desired. Enjoy!  
(This can be made without grains as well, if desired)

Recipe by Kelly Pomeroy