

Green Stew

3 TBS organic olive oil

½ leek chopped coarsely (wash thoroughly)

3 cloves of garlic chopped coarsely

1 fennel bulb (without the "fronds") chopped coarsely

1 small cauliflower or a small head of cabbage chopped coarsely

1 large handful of Italian or flat parsley leaves

½ tsp Ground fennel seeds

Saute leek and garlic in olive oil in a saucepan with a lid that is large enough to hold all veggies. Add a ¼ cup of water or broth plus veggies, cover, bring to a boil, lower and simmer until veggies are tender.

Serves 4

ENJOY with a protein!

