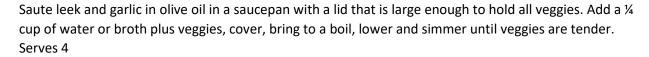
Green Stew

- 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



ENJOY with a protein!

