



## Easy Comforting Vegetable Curry

Make the sauce then add 2-3 cups of and prepared and sliced / chopped raw vegetables and simmer

### Simple Curry Masala Vegetable Sauce

2 tablespoons oil

1 cup leeks or white onions

1 teaspoon cumin seeds or 1/2 - 3/4 teaspoon ground

1/2 teaspoon black pepper ground

1/2 teaspoon turmeric

1 large finely chopped ripe tomato or equivalent of tinned tomato

2 inch finely chopped fresh ginger or 1 teaspoon dried ginger (chilli to taste if ginger is not your thing)

1 tablespoon Tamari sauce ( or soy sauce) Or sea salt to taste eg 1/2 teaspoon

Sauté the onions and ginger in ghee. Add spices and tomato. Sauté for one minute.

Add the Tamari sauce and simmer for two minutes.

This sauce can be used with many vegetable combinations, such as sweet potatoes, carrots, or cauliflower.

Simply sauté 2-3 cups of your favourite vegetable in a skillet with the curry masala sauce.

Serve with rice. (Brown rice is best!)

(You can also blend the sauce before using if you want a smooth texture before adding to the vegetables or whatever you want it with)



## Quick and Easy White Bean Pate

This is a quick and tasty spread and a great dip. It's a good alternative for hummus.

### Ingredients

450g pre-cooked split fava beans (butter beans or any white bean - even lentils)

7 cloves garlic

3 tbs olive oil

3 tbs water

1 tbs lemon juice

2 tsp salt

Blend all the ingredients in a food processor until a smooth paste is obtained. You may need to vary the amount of water added to achieve a good consistency. This makes six small pots of bean paste which freeze.



## Green New World - Smoothie Recipe (ideal for breakfast)

2 cups (handfuls) of fresh spinach

2 frozen bananas

1 cup skinned chopped cue

4 med chunks of fresh pineapple

1 cup (coconut ) water

opt: 1 tbs coconut or flax seed oil

Blend and enjoy!

(Not happy? - Remember this can be adjusted to use any favorite fruit and can alter quantities, experiment!)