

LILY ARONIN

Holistic wellness for you & your family

www.lilyaronin.com

Freezer Cook Off Vegetarian

Hearty White Bean and Herb Soup

On Bag

1 Tablespoon Olive Oil
s/p To taste
6-8 Cups broth or water
2 sprigs thyme

In Bag

1 Onion chopped
2 Carrots chopped
2 Celery ribs chopped
1 Leek Chopped
2 Cups White Beans
1.5 Cups cauliflower
1 handful mint chopped
1 cup squash diced
kohlrabi
4-5 leaves of Greens
1 Handful Parsley
½ Cup millet

For a Pot, Sauté vegetables mix in olive oil, then add boiling water, simmer for 1 hour

For a Crock pot just pour, season and heat (note) go easy on the salt you always add more later on high for 3 hours

Minestrone

On bag

2 Tbsp Olive Oil
10-12 cups water or stock
s/p to taste
1 T each dried basil, oregano and rosemary, thyme
1 can crushed tomatoes
1 cup whole wheat pasta

In Bag

2 onion diced
5 carrots
kohlrabi
2 stalks celery
1 zucchini
1/3 cabbage
2 Cups chick peas
4 Green leaves
handful chopped fresh parsley

For a Pot, Sauté vegetables, bring to a boil then Simmer for 1.5 hour

For a Crock pot just pour, season and heat (note) go easy on the salt you always add more later on high for 3 hours

Mushroom Lentil Stew

On a Bag

1 T cumin
1 T oregano
2 tbsp olive oil
10 Cups Water or Stock
thyme

In a Bag

1 Pint Mushrooms
1 onion
¾ cup barley
2 carrots
2 Cups Lentils
½ Cup buckwheat
parsley

For a Pot, Sauté vegetables, bring to a boil then Simmer for 1.5 hour

For a Crock pot just pour, season and heat (note) go easy on the salt you always add more later on Low for 3 hours

Vegetarian Red Bean Chili

On a bag

1 T cumin
1 T chili powder
1 Tbsp harisa (optional)
1 can crushed tomatoes
serve with cheese optional
4 T tomato paste
s/p
8-10 cups of water or stock

In a bag

4 Cups of red beans
diced green and red peppers
onions
carrots
celery
1 Cup Bulgur

For a Pot, Sauté vegetables, bring to a boil then Simmer for 1.5 hour

For a Crock pot just pour, season and heat (note) go easy on the salt you always add more later on high for 3 hours

Thanks for Coming

To be entered to a win My favorite pot, don't forget to post pics of your food and tonight on Facebook and Tag @La nutrition decision ,my Facebook page

Host your own Healthy Cooking workshop for your friends check out all of the workshops available at www.lilyaronin.com

Best Regards

Lily

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