

NATURE'S



FOOD PATCH

Market & Café

1225 Cleveland St • Clearwater, FL 33755 • 727-443-6703

www.naturesfoodpatch.com

Indian Cuisine- Saag 3/19

w/ Raw Foods Instructor Brad Myers

<https://www.facebook.com/TheVegabondChef>

Ingredients:

2T Toasted Sesame Oil
2T Olive Oil
1 1/2 Onion
8 Garlic Cloves
3T Minced Ginger
1 Carrot
1 Tub Baby Spinach (5lb)
1 Bunch Chard
3 Tomatoes
2T Coconut Nectar
2t Veggie Pepper
1/4c Tamari
2T Cumin
1T Turmeric
2t Cinnamon
2t Chili
1/2t Cayenne
8 Yukon Gold Potatoes
2c Jasmine Rice
1 Bunch Dill

Rice: Cook two cups of Jasmine Rice w/ 1 bunch of chopped dill.

Start by boiling potatoes until almost done. Separately sauté all veggies but the greens and spices. Bring to a simmer and blend. Then add greens and spices and add potatoes. Let everything simmer and enjoy over rice!