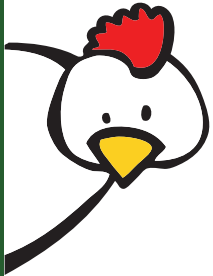


MEATLESS MONDAY

"One day a week, cut out meat"

rainbow foods



Cumin Sweet Potatoes

From the Simply Vegetarian cookbook.
A spicy, aromatic blend of Middle-Eastern flavours.
Serves: 5-6
Preparation time: 25-30 minutes

Ingredients:

4-6 tbsp butter
2 large onions, cut into chunks
2 pounds sweet potatoes (slender if possible), peeled and cut into 1/4 inch slices
3 large green bell peppers, cut into chunks
2 1/2 tbsp cumin seed (not powder)
salt or tamari, to taste

Instructions:

Sauté in a large skillet over medium heat the first 3 ingredients for 15 minutes. Add and cook the remaining ingredients until the cumin seeds have browned and vegetables are tender.

You may steam sweet potatoes until crisp-tender instead of sautéing them, but be careful not to overcook.

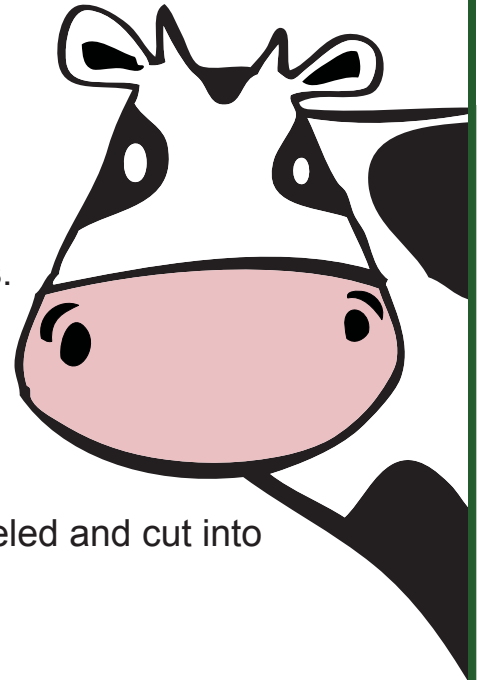
Whose recipe is this?:

Name: Janet Kaplan

Department: Store Owner

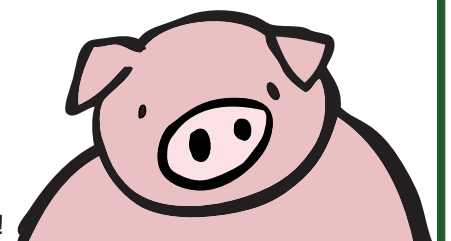
How long have you been at Rainbow Foods?: Over 33 years.

Why did you choose this recipe?: A quick recipe for the busy holiday season.



MM-D19

Read your food labels every time if you have allergies or diet restrictions!



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