Oh She Glows

HUSBAND'S HEALING STEW (Angela Liddon)
(adapted to be oil-free)

Ingredients:

- 1/4 cup sherry, white wine, or veg broth
- 2 small sweet onions, chopped
- 3 garlic cloves, minced
- 3 green onions, chopped
- 1 tsp ground cinnamon
- 1 tsp ground coriander
- 2 bay leaves (optional)
- 2 small zucchini, chopped
- 1 yellow pepper + 1 red pepper, chopped
- 3 carrots, peeled and chopped
- 4 cups organic vegetable broth, more as needed
- One 28-oz can diced organic tomatoes
- 1/2 cup uncooked raw buckwheat groats, rinsed (or grain of choice)
- 1/2 cup uncooked pearled barley, rinsed (or grain of choice)
- 1/2 cup frozen edamame (or bean of choice)
- 1.5 tbsp fresh lemon juice
- 2 tbsp minced fresh parsley
- 1/2 tsp garlic powder (optional)
- 5-10 shakes red pepper flakes, to taste
- 1/2 tsp salt + black pepper, to taste

Instructions:

- In a large pot over low heat, add 1 tbsp olive oil and the chopped sweet onion, green onion, and minced garlic. Heat over low until translucent, about 5-8 minutes.
- Stir in coriander, cinnamon, and two bay leaves and heat an additional minute or two. Now, add in the chopped vegetables (zucchini, peppers, carrots) and cook for about 5 more minutes. Add a bit more oil if necessary.
- Stir in the diced tomatoes, vegetable broth, rinsed buckwheat and pearled barley (or grains of choice). Simmer on low-medium heat (dial 3-4) for 20 minutes, checking often to make sure it doesn't burn or thin out too much. Add a bit more broth or water if necessary and reduce heat when needed.
- After 20 minutes, add in the lemon juice and additional seasonings, all to taste (minced parsley, garlic powder, red pepper flakes, and salt & pepper). Cook for another few minutes, remove bay leaves, and serve with fresh bread. Freeze leftovers or store in the fridge.

Tips:

- You can have success using a wide range of vegetables, seasonings, and grains of your choice.
- Always adjust the seasonings to taste and add them gradually.

EDITOR'S NOTE:
Liddon's husband Eric made this stew when Liddon was getting over an especially bad flu!







Oh She Glows is the very inspiring site of Angela Liddon. It uses oil and processed vegan foods as ingredients in some recipes, so those who are WFPB will want to choose or adapt accordingly.

OH SHE GLOWS
GLOW FROM THE INSIDE OUT