



## Pot of Veggies - Refrigerator Remnants

### INGREDIENTS

2 med onions (approx. 2.5 c )  
4 lg carrots (approx. 3.5 c)  
4 c celery  
3c fennel  
2 garlic cloves  
12c Rainbow Chard  
Olive oil, salt & pepper

### INSTRUCTIONS

1. Cut all the vegetables into large chunks.
2. Cut and discard the ends/toughest part of the Swiss Chard. Then cut the remaining ribs out and chop them into smaller pieces.
3. Cut the leafy part of the Swiss Chard into strips
4. Pour oil, salt and pepper into the pot to heat up then add all the vegetables except the leafy parts of the chard.
5. At this point add whatever spices you prefer. See below for suggestions.
6. Cook for 20-25 minutes, until tender but still al dente
7. Add Swiss Chard, cover and cook over low flame for 5-8. minutes until wilted.

This is one of those dishes where anything goes. Make it your own by trying any of these spice combos.

**Italian Flavor:** Dry Thyme | Oregano | Red Pepper Flakes

**Indian Flavor:** Turmeric | Cumin | Cinnamon | Cloves | Curry

**Middle Eastern:** Cumin Seeds | Fennel Seeds

**French:** Herbs de Provence

**Mexican:** Cilantro | Chili Pepper | Cumin

Serving suggestions:

- Serve with rice patty cakes or mashed potatoes
- Serve with grilled chicken, meat or fish
- Stuff into a pita with hummus
- Use in a taco with ground meat or grilled shrimp