

## Veggie Medley

### Ingredients:

1-2 T Coconut oil

½ tsp. Real Salt

½ tsp. Black pepper

1-2 tsp. Minced Garlic

¾ to 1 Cup organic grass fed Bone Broth

2 cups Vegetables (pick 2 or three from the list below)

(3 cups organic vegetable broth or other organic broth if you want to make it into a soup)

In a skillet on medium heat melt the coconut oil. Add the spices and garlic. Add in the vegetables and simmer for 1-2 minutes until everything is coated in the oil. As the vegetables start to simmer, gradually add in the both broth until everything is cooked to your desired texture. I add the vegetables in an order based on how fast they cook. See the chart below for best results. Example: Add carrots first then add spinach last. If you add extra broth, you can make it into a soup. It's delicious both ways and fulfills 3 to 4 serving of vegetables for the day. If you want a soup add the 3 cups of broth at the end and heat to desired temperature before serving.

Vegetables that work really well for this recipe:

Spinach (cooks fast, add last)

Kale (cooks medium fast add in the middle)

Sweet Potato (cooks slow add first)

Squash (cooks slow add first)

Celery (cooks slow add first)

Purple Potato (cooks extra slow add first)

Carrot (cooks slow add first)

Broccoli (cooks medium fast add in the middle)

Cauliflower (cooks medium fast add in the middle)

Yams (cooks slow add first)

Zucchini (cooks medium fast add in the middle)

(This recipe does have meat but it can be added if desired)