



MILLET, ADZUKI & VEGETABLE STEW



A pot of stew is a pot of comfort, especially on a cold and wet day in the winter. It is especially irresistible when you know you will only have to dirty one pot - easy cleanup. This protein rich vegetable stew is a perfect option for a weeknight meal. This recipe is even better in the slow cooker - which means it's even better for a busy person like you! This stew is packed with foods that are warming, nutritious, and easy to digest. This is especially important in the winter when you may not be get as much movement in the form of exercise as in other seasons.

YIELD:

4 servings

RECIPE TYPE:

Lunch, Dinner

RECIPE CATEGORY:

Cheap Seats

INGREDIENTS:

2 tablespoons olive oil
1 large yellow onion, chopped
½ teaspoon salt
5 (½-inch) slices ginger
1 cup adzuki beans, soaked in two cups water over night
1 ½ cups millet
4 cups water
1 piece kombu
1 small butternut squash or acorn squash, seeded and chopped
4 large carrots, peeled and cut into ¾ inch slices
tamari taste
½ cup minced parsley, for garnish

STEP 1

Toast millet: In a large, dry saucepan, toast the raw millet over medium heat for 4-5 minutes or until it turns golden brown and the grains become fragrant. Set aside once complete.

STEP 2

Heat oil in a large pot over medium heat. Sauté onion, salt, and ginger slices for a couple of minutes.

STEP 3

Drain and rinse the adzuki beans. Add adzuki beans, millet, kombu and water to the pot and bring to a boil. Reduce heat, cover, and simmer for 30 minutes.

STEP 4

Open the lid and arrange squash and carrots on top of lay carrots on top of the millet and beans. Cover pot again, and simmer for another 20 to 30 minutes, until beans are tender and squash and carrots are soft and cooked through.

STEP 5

Stir in tamari to taste. Remove kombu and ginger slices before serving. Add sprinkle of parsley to finish.

STEP 6

You Did It, High Five Friend!

NOTES & VARIATIONS:

Take it or Leave it: If you do not have kombu feel free to leave it out. However, it is worth a purchase because it adds additional minerals and other health benefits.

NUTRITION INFORMATION:

Adzuki beans are slowly digested which results in a gradual rise in blood sugar. This makes makes it ideal for diabetics and those with low blood sugar. These beans strengthen the kidneys and adrenals, which makes it an ideal choice for those who have been experiencing adrenal fatigue and lack of energy. Adzuki beans promote physical growth and development and help to build lean muscle mass. When beans are cooked with a whole grain like millet, you have a complete protein.

