

## VATA-SOOTHING ROOT VEGGIE STEW

Vata↓, Pitta ↓, Kapha↓

**Serves 6 to 7 / Prep Time: 30 to 45 minutes / Cook Time: 8 to 10 hours**

### INGREDIENTS

- 3 quarts of water (substitute with chicken broth or bone broth)
- 1 small butternut squash, peeled and cubed
- 1 small Yukon gold potato, chopped
- 1/2 onion, chopped
- 2 small parsnips or 1 large, sliced
- 1 medium rutabaga, peeled and cubed
- 2 medium carrots, sliced
- 1 medium beet, peeled and cubed
- 1/4 cup finely chopped parsley
- 2 to 3 tablespoons ghee, olive oil, or coconut oil
- 2 to 3 tablespoons apple cider vinegar (use 1 tablespoon for Pitta)
- 2 teaspoons finely minced ginger (substitute 1 teaspoon dry ginger)
- 2 to 3 teaspoons of Vata Churna or Agni Churna
- Fresh ground black pepper
- Pinch of cayenne (omit for Pitta types)
- Himalayan or sea salt to taste

### DIRECTIONS

1. Prepare the veggies by washing, peeling and chopping as needed. Add each veggie to the crock pot after it has been prepared.
2. If you desire this dish to have meat, add 1 pound of chopped chicken breast or stew beef at this point. Of course this is optional.
3. Once all of the listed veggies are chopped and in the crock pot, add the water or broth to fill the pot. Do not fill to the brim. Leave a couple of inches of space to allow the veggies to swell while cooking.
4. Add the fresh ginger and spice mixture (Vata Churna or Agni Churna).
5. Add the ghee or oil.
6. Cover the crock pot and set the heat to low. Cook for 8-10 hours. This can be left on overnight or throughout the day.
7. After the cooking process is over, add in the apple cider vinegar and salt to taste (I would start with 1/2 teaspoon). Add any more black pepper or cayenne pepper if needed.

8. Serve, enjoy, and feel a sense of grounding immerse. There's not much better way to connect with the Earth than to take in the roots of Her soil.
9. If there are leftovers, store in the fridge to eat off of throughout the week. This recipe will typically last 5 to 6 days.
10. This stew recipe can be made vegan, vegetarian, or by including meat, depending on your individual needs. It is naturally gluten-free and grain-free. However, if you are able to eat grains, I definitely recommend cooking some quinoa, rice, or millet separately and serving the stew over them. Yum!! I have tried all of the above options and they are all great! Feel free to share your cooking experiences with us in the comment section below!