

## **MIXED FARM VEGETABLES**

from an unknown member

Cover and cook 8 minutes over low heat:

- 1 1/2 tablespoons butter or canola oil
- 1 3/4 pounds carrots, peeled and cut into thin slices
- 1 large onion, cut into slices and then quarters
- 3-4 scallions, cut into 2" sections, including green parts

Add:

- 1 cup water
- freshly ground black pepper to taste

Lay on top of vegetables:

- 1 head romaine lettuce, separated into leaves
- Cover and cook 10 minutes.

Mix in and cook covered an additional 5 minutes:

- 4 cups frozen green peas

Serves 4-6.

Comments:

I do not cook with salt. If you use good ingredients, salt is not necessary in most cases. If you must, add sea salt to taste. If you use fresh peas, add with the lettuce instead of at the end. It may seem strange cooking lettuce but it cooks up to have the consistency of chard.

This recipe would be good with brown rice.