

KETO THICK VEGETABLE STEW



SAVEUR PRODUCT USED

GUACAMOLE MIX, SEASONED SALT,
NUTMEG BLEND BAKING SPICE

MAKE, TAKE & FREEZE

— with —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

- 1 cup leeks, sliced**
- 1 large brown/yellow onion, sliced**
- 1 cup red cabbage, finely sliced**
- 1 cup celery, sliced**
- 1 cup broccoli florets**
- 1 cup cauliflower florets**
- ½ cup snow peas, sliced diagonally**
- 2 radishes, finely cut into small matchsticks**
- 2 tbsp. *Saveur Guacamole Mix***
- 1 tsp. *Saveur Seasoned Salt***
- 1 cup vegetable stock**

PREPARATION INGREDIENTS

- 14 oz./400g can diced tomatoes**
- 2 cloves garlic, minced**
- 2 cups vegetable stock**
- 1 cup mushrooms**
- 1 cup kale, finely sliced**
- Coconut flour**
- ¼ cup water**
- ½ cup bean sprouts**
- Fresh chives**

METHOD

BAG 1 – Mix together the Guacamole Mix and Seasoned Salt and add to the stock. Place all the vegetables in a large zip-top bag and add the seasoned stock, mix well. Seal to ensure excess air is removed to prevent freezer burn.

Place into a large zip-top bag, label, date and place into freezer until ready to use.

COOKING INSTRUCTIONS

Add the stock, garlic and tomatoes to pan with Nutmeg Blend Baking Spice and bring to the boil. Add all of the zip-top bag to the stock pot and bring to a gentle boil. Once boiling, simmer until vegetables are cooked to your liking and add mushrooms near the end. In the last 5 minutes of cooking, add kale to the vegetable stock.

Blend coconut flour with water and add to pot until you reach a thickness that resembles a casserole consistency and not a soup.

Serve with fresh chives and bean sprouts for crunch.

