

Easy Steaming Stew

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Any leftover cooked grain can be used in the following recipe for a delicious result.

2 cups leftover cooked millet and corn

1/2 cup dices yellow onion

1/2 cup celery, cut into 1/2-inch pieces

1 cup kabocha or butternut squash, cut into medium-size cubes

1 cup leftover cooked chickpeas (or 1 cup organic canned chickpeas)

Layer the ingredients in the bottom of a pot as follows: onions, celery, squash, chickpeas. Add just enough water to cover the top layer of vegetables. Place cooked millet and corn (or other cooked grain) on top. Over Bring to a boil. Reduce flame and simmer for 20-30 minutes or longer (until vegetables are soft.) Season with shoyu and cook ten minutes longer. Serve garnished with chopped scallion or parsley. When using leftovers, remember that they have already been cooked and previously seasoned. Keep this in mind when adding additional salty seasonings to the stew. Always taste first, then add your seasonings.