

Vegan Run Down

Ingredients:

Serves 4

1 Tbs extra virgin olive oil
 1 cup chopped onion
 ¼ cup chopped scallions
 2 tsp thyme
 2 garlic cloves chopped
 ½ tsp ground allspice
 1 scotch bonnet
 1 large sweet potato
 1 large carrot
 1 red bell pepper
 2 cups chopped cabbage
 1 ear of sweet corn
 13.5 oz unsweetened coconut milk
 ½ cup low sodium vegetable stock
 1 can kidney beans (drained)
 1 ½ cup quinoa
 ½ tsp turmeric
 2 ¼ cup water



Directions:

1. Heat oil, then sauté onion, scallions, thyme, garlic, allspice, and scotch bonnet until soft. Add sweet potato, carrots, pepper, cabbage and corn and sauté a few minutes. Add the coconut milk and vegetable stock and bring to a boil
2. Cover and cook for ten minutes. Add kidney beans and continue cooking until thickened.
3. In a separate saucepan cook quinoa over medium heat until fragrant. Add turmeric and cook a few more seconds. Add the water and bring to a boil. Cover and cook for 14 minutes.
4. Serve the run down over the quinoa.

Nutrition Facts

4 servings per container
Serving size **3 cups**

Amount per serving
Calories **350**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 290mg **13%**

Total Carbohydrate 61g **22%**

Dietary Fiber 10g **36%**

Total Sugars 13g

Includes 0g Added Sugars **0%**

Protein 13g

Vitamin D 1.1mcg **6%**

Calcium 180mg **15%**

Iron 4.6mg **25%**

Potassium 1100mg **25%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.