



Recipes

Other Vegetables

Carrot Burdock Strengtheners

Prep Time: 10 minutes

Cooking Time: 20 minutes

Yield: 6 servings

Ingredients:

1 onion
1 large burdock root
1 large carrot
1 tablespoon olive oil
Pinch of sea salt
Toasted sesame seeds or fresh parsley, as garnish

Directions:

1. Wash and chop the vegetables into odd shapes.
2. Heat oil in a skillet.
3. Sauté veggies together with a pinch of salt on medium heat for 5 minutes.
4. Add ½ inch of water to the skillet, cover and simmer for 10-15 minutes on low heat.