

Vegetable Mashed “Potatoes”

1 Tb olive oil
2 cloves garlic
1 cup parsnips cut into 1” cubes
2 cup celeriac cut into 1” cubes
½ cup stock or water
½ tsp sea salt

- In a medium sized skillet heat olive oil on medium heat.
- Add garlic and sauté for 1 minute.
- Add parsnips and celeriac.
- Add stock or water, simmer covered for 20 minutes or until very tender.
- At this point you can mash the vegetables with a potato masher which results in a chunky texture or put into a food processor and process until smooth.
- Serve topped with Mushroom Gravy

Mushroom Gravy

4 servings

1 Tb ghee or extra virgin olive oil
½ medium red onion
3 cups mushrooms portobello or shitake thinly sliced
Sea salt to taste
1 ½ cup water or stock
2 Tb tamari
1 tsp dried thyme
2 Tb arrowroot dissolved in ¼ cup water

- In a small skillet heat oil on medium heat
- Add onions and sauté for 3 minutes
- Add mushrooms and salt
- Add water and bring to a boil
- Lower heat and simmer for 5 minutes
- Add dissolved arrowroot and water, return to a boil until sauce thickens, 1 minute
- Turn off heat and serve or store in the refrigerator for about 4 days

This gravy is great served on any grain.