



# The Complete Recipe

Ingredients and Simple Steps to Optimal Health

## Uzbek Vegetable Stew

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### Equipment Needed:

Sharp knife  
Cutting Board  
Slow Cooker

### Ingredients:

1/2 head red cabbage, raw, shredded  
4 medium carrot, raw, medium, sliced  
1 medium Daikon radish, sliced  
2 beets raw, peeled and sliced  
2 small turnip, raw, peeled and sliced  
3 potatoes, russet, peeled and sliced  
1 medium red bell pepper, sliced into rings  
2 onions, sweet, raw, sliced  
10 cloves garlic, raw, peeled  
1 whole tomato, red, ripe, raw, sliced  
2 cup kale, raw, chopped  
2 cup vegetable broth, organic, low sodium  
1 tbsp coriander seed, ground  
1 tbsp cumin seed, ground  
1 tbsp salt, kosher  
1 tsp pepper, black, ground  
1 tbsp cayenne pepper, ground

### Recipe Directions:

Layer all vegetable ingredients in a slow cooker. Pour in vegetable broth. Add spices.  
Cook on low for 8 hours.



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Serves 4

**Nutrient Analysis per Serving:**

Calories: 329.3

Total Fat: 1.9

Saturated Fat: 0.3

Trans Fat: 0.0

Polyunsaturated Fat: 0.0

Monounsaturated Fat: 0.0

Cholesterol: 0.0

Sodium: 1084.2

Carbs: 74.1

Fiber: 13.2

Sugars: 23.7

Protein: 10.5