

Week Eleven

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	DRINKS
MONDAY	Strawberry and quinoa breakfast bowl	Apple and cinnamon rings	Sprouted bean salad	Soaked nuts, serve of fresh fruit	Chicken tagine with cauliflower cous cous	2 litres water Vitamin water Herbal tea
TUESDAY	Strawberry and quinoa breakfast bowl	Apple and cinnamon rings	Leftover chicken tagine with cauliflower cous cous	Soaked nuts, serve of fresh fruit	Black rice salad with mango and avocado	2 litres water Vitamin water Herbal tea
WEDNESDAY	Strawberry almond butter smoothie	Avocado and broadbean dip	Leftover black rice salad with mango and avocado	Apple and cinnamon rings	Grilled Salmon with brazil nut and spinach pesto with quinoa salad	2 litres water Vitamin water Herbal tea
THURSDAY	Strawberry almond butter smoothie	Avocado and broadbean dip	Grilled Salmon with brazil nut and spinach pesto with quinoa salad	Soaked nuts, serve of fresh fruit	Sweet jacket potato with coleslaw	2 litres water Vitamin water Herbal tea
FRIDAY	Strawberry almond butter smoothie	Avocado and broadbean dip	Sweet jacket potato with coleslaw	Soaked nuts, serve of fresh fruit	Bean chilli with brown rice	2 litres water Vitamin water Herbal tea
SATURDAY	Spinach and mushroom omelette	Blood orange citrus smoothie	Bean chilli with brown rice	Paprika and chilli kale chips	Shephards pie with cabbage, fennel and watercress salad	2 litres water Vitamin water Herbal tea
SUNDAY	Quinoa spinach and scrambled eggs	Blood orange citrus smoothie	Shephards pie with cabbage, fennel and watercress salad	Paprika and chilli kale chips	Miso soup with bone broth	2 litres water Vitamin water Herbal tea

STORE CUPBOARD LIST

Here are all the store cupboard essentials you'll need for the four weeks. you most likely have some of these items, and if you don't there are really good and useful items to have in the cupboard for future

150G QUINOA
300G BLACK RICE
2 SERVES BROWN RICE
1 TSP VANILLA EXTRACT
2 TSP MAPLE SYRUP
1.5TSP CINNAMON
375ML COCONUT MILK
3 TBSP ALMOND BUTTER
30G DRIED APRICOTS
45G CHIA SEEDS
30G HEMP SEEDS
1 TBSP ALMONDS, FLAKED
20G ROASTED ALMONDS
170G ALMONDS, WHOLE
50G BRAZIL NUTS
4 TBSP COCONUT OIL
11 TBSP OLIVE OIL
100ML CHICKEN STOCK
125ML STOCK (LAMB OR VEG)
60ML ORANGE JUICE
2 TBSP WHITE WINE
VINEGAR
40ML APPLE CIDER VINEGAR
1 TBSP MISO
1/2 TSP MUSTARD
3 TBSP TOMATO PUREE
DASH WORCHESERSHIRE
200G KIDNEY BEANS, TIN
200G ADZUKI BEANS, TIN

240G CHICKPEAS, DRAINED
400G CHOPPED TOMATOES
1 SHEET DRIED NORI/ WAKAME
1 TSP OREGANO, DRIED
1/4 TSP CAYENNE PEPPER
1/2 TSP SMOKED PAPRIKA
1/2 TSP SALT
6 BAY LEAVES
1/2 TSP CHILLI FLAKES
1 TBSP BLACK PEPPERCORNS
2 TSP CUMIN, GROUND
SMALL LOAF SOURDOUGH BREAD

FRESH INGREDIENTS LIST

750G STRAWBERRIES
4 BANANAS
9 APPLES
3 MANGO
4 LEMONS
1 LIME
4 BLOOD ORANGES
3 AVOCADO
4 SERVES FRUIT
2 RED CHILLI
450G TOMATOES
3 RED PEPPERS
5 MUSHROOMS
3 ONIONS
1.5 RED ONION
6 CLOVES GARLIC
5 SPRING ONIONS
1/2 LEEK
6 CARROTS
1/2 BEETROOT
225G ROOT VEGETABLES- SWEDE, PARSNIP
100G RED CABBAGE
100G WHITE CABBAGE
250G KALE
1 BUNCH FLAT LEAF PARSLEY
1 BUNCH MINT
2 BUNCHES CORIANDER
SPRIG ROSEMARY
100G WATERCRESS
230G SPINACH
125G SPROUTED BEANS (MUNG BEANS,
ALFALFA OR CHICKPEAS)
3 RADISHES
1/2 COURGETTE
7 STICKS CELERY
1 FENNEL
1/2 HEAD CAULIFLOWER
1 AUBERGINE
200G BROAD BEANS
MEAT, FISH, EGGS, DAIRY
25G BUTTER
50ML NATURAL YOGHURT
1.5 LITRES ALMOND MILK
100G SILKEN TOFU
2 FILLETS SALMON
250G MINCED LAMB
2 SERVINGS CHICKEN (MIX OF BREAST
AND THIGH)
2-3KG BONES
5 EGGS



STRAWBERRY AND QUINOA BREAKFAST BOWL

45G CHIA SEEDS

50G QUINOA, COOKED

30G HEMP HEARTS

1 TSP VANILLA EXTRACT

2 TSP MAPLE SYRUP

PINCH OF CINNAMON

375ML FULL-FAT COCONUT MILK 300G SLICED STRAWBERRIES

1 TBSP FLAKED ALMONDS

MAKES TWO PORTIONS, REFRIGERATE FOR NEXT DAY.

Add all ingredients (minus strawberries) to one large jar and stir together. Tighten lid and place in the fridge overnight. * Remove from fridge and arrange in two bowls with sliced strawberries and almonds. Cover one serve for the next day, enjoy!

*If the mixture feels a bit thick when you remove it from the fridge in the morning, whisk in 2 more tablespoons of coconut milk to loosen it up.



APPLE AND CINNAMON RINGS

APPLES - 3

CINNAMON - 10G

MAKES THREE PORTIONS, DIVIDE AND STORE IN AIRTIGHT CONTAINER

Pre-heat oven to 180 degrees or (gas mark 6).

Core them using an apple corer (optional)

Then slice from the bottom of the apple to form rings of about 2-3 mm wide.

Lay them on a baking sheet , lined with grease-proof paper and lightly sprinkle cinnamon over them.

Bake in the oven for around 30 minutes or until they are slightly golden and crinkly.

Let them cool and they are ready to eat.

“We love making these apple and cinnamon rings for a nutritious and very moreish afternoon snack. This recipe is sweet enough to satisfy a sweet tooth, but not overly so and while they take a little while to bake, there’s so little hands-on time that making these apple rings is a breeze.”



SPROUTED BEAN SALAD

125G SPROUTED BEANS I.E. ALFALFA, MUNG BEANS, CHICK PEAS 1/4 TSP SALT

1/2 LARGE RIPE MANGO, DICED

1/2 SMALL RIPE AVOCADO, DICED OR SLICED

1/8 CUP ROASTED ALMONDS

1/4 CUP FRESH CORIANDER, CHOPPED

DRESSING

1 LIME, JUICE

1 TBSP OLIVE OIL

1/2 TSP HONEY

PINCH SEA SALT

1/2 CLOVE GARLIC, MINCED

1 TBSP FRESH CORIANDER, CHOPPED

MAKES ONE PORTION

Make the dressing by blending the lime juice, coriander, olive oil, garlic, honey and salt in a food processor for about 15 seconds. Set aside. Put the beans, mango, avocado, almonds and coriander in a bowl and gently mix. Drizzle over the dressing. Enjoy!



SOAKED NUTS

400G NUTS OF YOUR CHOICE

MAKE FOUR PORTIONS, PLACE IN AN AIRTIGHT CONTAINER IN THE FRIDGE

Dissolve $\frac{1}{2}$ tsp sea salt in a bowl of 2-3 cups of filtered, warm water. Add your nuts (preferably organic). Make sure there is enough water to cover them about 2 inches.

Leave in a warm place, don't refrigerate and don't cover for at least 7 hours, preferably overnight.

Once soaking time is reached, discard the water (don't use this water as it contains the enzyme inhibitors that you want to get rid of).

Rinse your ingredients well.

They should keep in the fridge for 5-7 days.



CHICKEN TAGINE WITH CAULIFLOWER COUS- COUS

2 CHICKEN PIECES	1 TBSP TOMATO PUREE
1-2 TBSP COCONUT OIL	2 TSP CUMIN, GROUND
1 LARGE AUBERGINE, WASHED AND DICED	1 TSP CINNAMON
450G FRESH TOMATOES, CHOPPED	100ML CHICKEN STOCK
1 SMALL ONION, DICED	200G CHICK PEAS, TIN
30G DRIED ORGANIC APRICOTS, CHOPPED	1 BAY LEAF
1 RED CHILLI, CHOPPED FINELY	15G FRESH CORIANDER, CHOPPED

MAKES TWO PORTIONS, REFRIGERATE FOR NEXT DAY.

Preheat the slow cooker. Heat 1 tbsp of coconut oil in a large pan over a medium/high heat. Season & cook the chicken until it is golden. Then remove it and set aside. Sprinkle the cinnamon over the cut aubergine and add to the casserole pan, if necessary add some more coconut oil, cook for approximately 10-15 minutes or until golden and slightly softened. Add the chillies, bay leaf and other spices and cook for a further 10 minutes.

Transfer everything including the chicken to the slow cooker. Add in the stock, tomatoes, chickpeas, apricots and tomato puree. Cover and cook on either high for 3-4 hours or low for 6-8 hours. Serve with cauliflower couscous and sprinkle over the fresh coriander.

Cauliflower couscous on next page



CAULIFLOWER COUSCOUS

1/2 HEAD CAULIFLOWER

1 TBSP OLIVE OIL OR BUTTER

SALT

MAKES TWO PORTIONS, REFRIGERATE FOR NEXT DAY.

Blend cauliflower in a food processor until it resembles cous cous. Heat pan over a medium heat, add olive oil and the blended cauliflower. Sautee until cauliflower is tender. Serve as a side with chicken tagine.



QUINOA WITH GRILLED PUMPKIN & BEETROOT SALAD

150G BABY BEETROOT, TRIMMED, SCRUBBED

4 TBSP. EXTRA VIRGIN OLIVE OIL

250G PUMPKIN, PEELED, CUT INTO 3CM PIECES

1/2 TBSP. HONEY OR MAPLE SYRUP

1/2 TSP. WHOLEGRAIN MUSTARD

2 TBSP. FLAT-LEAF PARSLEY LEAVES, CHOPPED

HANDFUL WALNUTS, TOASTED & CHOPPED

1/2 TBSP. THYME LEAVES

150G QUINOA

50G BABY SPINACH LEAVES

1 ORANGE, JUICED.

DIVIDE INTO TWO, USE AN AIRTIGHT CONTAINER AND PLACE IN THE FRIDGE FOR TOMORROW.

Preheat oven to 200C On a baking tray, add the baby beetroot and pumpkin. Season and drizzle with olive oil and sprinkle thyme

Bake for around 30 minutes or until softened

Once cool, peel off the skin of the beetroot and chop into small pieces. (Optional: once the pumpkin is soft, heat a grill pan and grill the pumpkin for about one minute on either side so they have blackened griddle lines, remove and set aside).

Cook the quinoa as per the instructions on the packet and leave to cool

Make the dressing by combining the maple syrup or honey, mustard, orange juice and remaining olive oil (add more oil if required), and mix together

Mix the beetroot and pumpkin together with the quinoa, walnuts and parsley and drizzle over the dressing



STRAWBERRY ALMOND BUTTER SMOOTHIE

1/2 BANANA

1 TSP RAW HONEY

1 TBSP ALMOND BUTTER

250ML ALMOND MILK

150G STRAWBERRIES (FRESH OR FROZEN)

ICE AS NEEDED

MAKE FRESH EACH DAY.

Blend in your blender until smooth.



AVOCADO AND BROADBEAN DIP WITH VEGGIE CRUDITÉS

BROAD BEANS - 600G

AVOCADO - 3

JUICE OF LEMON - 3

OLIVE OIL - 80G

MINT - 2 BUNCHES

SALT AND PEPPER

MAKES THREE PORTION. REFRIGERATE AND USE OVER THE NEXT THREE DAYS

Bring a saucepan of water to the boil, add the broad beans and blanch for two minutes, then drain, and plunge into cold water. Peel off the skins, and put the beans in a food processor. Add the avocado, lemon juice, olive oil, and mint, and blitz until almost smooth.

"A lovely vibrant green dip, great for a summer lunch or picnic. Avocados are a highly nutrient dense fruit and are full of healthy fats, this is a great alternative to the usual guacamole, incorporating some lovely seasonal, fresh broad beans."



GRILLED SALMON WITH BRAZIL NUT & SPINACH PESTO & QUINOA SALAD

PESTO INGREDIENTS

50G BRAZIL NUTS
50G SPINACH
2 TBSP OLIVE OIL
4 TBSP WATER
GARLIC CLOVE
SALT & PEPPER TO TASTE

QUINOA SALAD INGREDIENTS

100G QUINOA
40G CHICKPEAS
2 RED PEPPER
50G SPINACH
2 SALMON FILLET OLIVE OIL

MAKES TWO PORTIONS, REFRIGERATE FOR NEXT DAY.

Place the brazil nuts in a blender and blend until a fine powder. Add the remaining ingredients and blitz until smooth. Season to taste

Quinoa Salad Method

Deseed and dice the pepper. Season with olive oil, salt and pepper. Place in a roasting tin and roast at 200C for 15 minutes.

Rinse the quinoa and place in a pan of water, bring to the boil and boil until just al dente – about 15 minutes. Drain.

Place a pan on heat and add the handful of spinach, sautee until wilted.

Season the salmon fillet with salt and pepper and a drizzle of olive oil. Cover with foil and bake for 20minutes at 180C

Place the quinoa, chickpeas, red peppers, wilted spinach and two tbsp of the pesto into a bowl and mix to combine. Place the grilled salmon fillet on top of the salad mixture and drizzle over some more pesto.



SWEET JACKET POTATO WITH COLESLAW

2 LARGE SWEET POTATOES

1/2 BUNCH THYME

QUINOA SALAD

1 SMALL CARROT

1/2 FENNEL

1/2 BEETROOT

50G WHITE CABBAGE

50G RED CABBAGE

3 RADISHES

1/4 RED ONION

2 CLOVES GARLIC

SEA SALT

EXTRA VIRGIN OLIVE OIL

1 LEMON

1/2 HANDFUL FRESH SOFT HERBS

50ML NATURAL YOGHURT

1/2 TSP MUSTARD

SEA SALT & PEPPER

MAKES TWO PORTIONS, REFRIGERATE FOR NEXT DAY.

Preheat the oven to 200 C. Wash and dry the potatoes. Place on a baking tray and cook for 1hr with the thyme and garlic. When they are cooked through (crispy on the outside and soft in the middle), take out of the oven, slice through, drizzle with olive oil, sprinkle with the thyme leaves, garlic and a pinch of salt. Whilst these are cooking prepare the coleslaw...

Shred the carrots, fennel, radishes, beetroot, with a sharp knife, or you could use the julienne slicer in a food processor. Put the vegetables into a mixing bowl. Slice the cabbage and onion as finely as you can and add to the bowl. In a separate bowl, mix half the lemon juice, a tablespoon of extra virgin olive oil, the chopped herbs, yoghurt and mustard. Pour this dressing over the vegetables and mix well. Season with salt and pepper and the rest of the lemon juice.

Top the baked sweet potatoes with the coleslaw mix. Enjoy!



BEAN CHILLI

200G CHOPPED TOMATOES, TIN 200G KIDNEY BEANS, TIN*

200G ADUKI BEANS, TIN*

1/2 LARGE CARROT, PEELED AND DICED 1 TBSP COCONUT OIL

1/2 RED PEPPER, CHOPPED 1 TSP DRIED OREGANO

1/4 TSP CAYENNE PEPPER

1/2 RED CHILLI, DE SEEDED AND FINELY CHOPPED

1/2 LARGE STICK OF CELERY, WASHED AND FINELY CHOPPED

1/2 MEDIUM ONION, DICED

1 CLOVE GARLIC, FINELY CHOPPED

15G CHOPPED CORIANDER

1 TBSP TOMATO PUREE

1 TSP GROUND CUMIN

1 BAY LEAF

MAKES TWO PORTIONS, REFRIGERATE FOR NEXT DAY.

Heat the coconut oil in a large pan over a medium heat. Add the chopped onions, garlic, pepper, celery and carrot. Cook until the onions are golden (approx. 10 minutes). Once softened, add in the spices (oregano, cumin, bay leaf, cayenne and the chilli), then the tomato puree. Cook for a further 2-3 minutes, stirring. Add in all the beans, including the liquid and then the tinned tomatoes. Bring to a boil, stir, then let simmer for about 15 minutes. Keep checking it doesn't dry out, you add some water if necessary. Season with salt & pepper. The beans should be cooked through and soft. Sprinkle over the chopped coriander. Serve with brown rice & a green salad.





SPINACH AND MUSHROOM OMELETTE

CRACKED BLACK PEPPER

5 MUSHROOMS, SLICED

1/4 RED ONION, DICED

1/2 CLOVE GARLIC, CRUSHED

30G BABY SPINACH

1 TSP OLIVE OIL

MAKES ONE PORTION

Sautee mushrooms, onion, and garlic in a fry pan over a medium heat until the mushrooms are lightly browned, approximately 5 mins.

Whisk eggs and nut milk together in a small bowl and season with salt and pepper.

Pour over the mushroom mix in the fry pan and scatter spinach leaves on top, gently pushing them into mix with a wooden spoon to ensure they're covered by the egg mix.

Cook for approximately 3-4 minutes until the egg is cooked through. Serve with a slice of toasted sourdough bread.

BLOOD ORANGE CITRUS SMOOTHIE

1 LEMON, SKIN SCRUBBED AND CUT INTO QUARTERS (YES, BLEND THE SKIN!)

2 PEELED BLOOD ORANGES, CUT IN QUARTERS

1 BANANA (YOU CAN USE FROZEN CHUNKS)

1 APPLE, CORED AND CUT INTO QUARTERS

250ML ALMOND MILK

ICE AS REQUIRED

OPTIONAL – 2 SCOOPS HIGH QUALITY PROTEIN POWDER (I USE REVOLUTION FOODS SUPER BLENDS)

MAKES ONE PORTION. MAKE FRESH EACH DAY.

Blend all ingredients together until they are smooth.



CRISPY KALE & GREEN BEANS

4 HANDFULS OF KALE OLIVE OIL

SEA SALT

225G OF GREEN BEANS

MAKES TWO PORTIONS

Preheat oven to 200 degrees centigrade or Gas mark 7. Wash and chop up the kale into small pieces (remove any very large stalk ends). Put in an ovenproof dish, and drizzle with olive oil. Sprinkle over a good pinch of sea salt. Bake in the oven for around 5 minutes, or until crispy, but still green - not burnt!

Wash the beans, top and tail and steam until tender but still vibrant green and with some crunch.



HEALTHY SHEPHERD'S PIE

250G MINCED LAMB

1/2 LARGE ONION, CHOPPED FINELY

1 CARROT, CHOPPED FINELY 1/2 COURGETTE, DICED

1/2 CELERY STICK, DICED

1 BAY LEAVES

200G TIN OF CHOPPED TOMATOES

DASH OF WORCESTERSHIRE SAUCE

1 SPRIG FRESH ROSEMARY OR 2 TSP DRIED ROSEMARY 2 SPRIGS OF
FRESH THYME (OR 4 DRIED)

1 GARLIC CLOVE, CHOPPED

SEA SALT & GROUND BLACK PEPPER

125ML OF LAMB OR VEG STOCK

1 TBSP TOMATO PUREE

1 TBSP COCONUT OIL

FOR THE MASH

225G ROOT VEGETABLES I.E. SWEDE PEELED AND CUT INTO SMALL
CHUNKS

225G SWEET POTATOES, PEELED AND CHOPPED INTO SMALL CHUNKS

1/2 LEEK, WASHED AND CHOPPED UP

50G KALE, WASHED, LARGE STALKS REMOVED AND CHOPPED FINELY

25G – YOU CAN USE OLIVE OIL IF YOU DON'T WANT DAIRY

MAKE TWO PORTIONS. FREEZE LEFTOVERS.

METHOD ON THE NEXT PAGE





HEALTHY SHEPHERD'S PIE

In a large frying pan, heat the coconut oil until it melts. Add in the onion, celery, courgette & carrots, season with salt and pepper. Add the bay leaves and cook on a medium heat until they have all softened. In a separate pan, melt another tablespoon of coconut oil & add the mince, cook until it's browned.

Meanwhile prepare all the vegetables for the mash.

Once the vegetables in the frying pan have softened add in the browned mince. Add in the tinned tomatoes, stock, tomato puree, Worcestershire sauce, garlic and herbs. Season with salt & pepper.

Bring to the boil and then turn down to a simmer for approximately 30 minutes.

Meanwhile heat the oven to 200 C.

Now to make the mash. Put all your root vegetables into a pan of boiling water and boil until soft, but not mushy (approximately 10-15 minutes). Do the same with the sweet potatoes. Whilst they are cooking, chop up the kale very thinly. Steam until tender, but still bright green. Drain root vegetables mash, season and add a dash of olive oil or butter. Add all the vegetables together, including the steamed kale.

Once the mince is ready, transfer it into an ovenproof dish and spread over the vegetable mash. Cook for 30 minutes.

Serve with salad.



CABBAGE, FENNEL & WATERCRESS SALAD

50G GREEN CABBAGE, THINLY SLICED

50G RED CABBAGE, THINLY SLICED

1/2 FENNEL, THINLY SLICED

50G WATERCRESS

3 SPRING ONIONS, FINELY SLICED

1 SMALL GREEN APPLE, THINLY SLICED

2 TBSP LEMON JUICE

1/2 TSP MUSTARD (MILD)

1 TBSP OLIVE OIL

PINCH CRACKED BLACK PEPPER

MAKES TWO PORTION. , REFRIGERATE FOR NEXT DAY.

Combine cabbage, fennel, watercress, spring onions and apple in a large bowl. In a separate bowl or jar, combine the lemon juice, olive oil, cracked black pepper and mustard. Pour dressing over salad and toss well to combine.

QUINOA, SPINACH & SCRAMBLED EGGS

40G QUINOA

125ML WATER

200G SPINACH

3 EGGS

DASH NUT MILK

SALT AND PEPPER

MAKES ONE PORTION.

Rinse quinoa in a fine mesh sieve to remove bitterness from grain. Combine quinoa and water in a saucepan and bring to the boil. Reduce to a medium heat and simmer. Cook until quinoa has absorbed all the water (about 10mins). Remove pot from heat and cover with lid. Allow to steam for 5 mins. Remove lid and fluff with a fork.

Whisk together eggs and milk in a small bowl. Heat small frypan or saucepan on stove top and add a small amount of olive oil. Add eggs to pan, mix as the eggs are cooking to scramble.

To wilt spinach, add to a small saucepan with a dash of water. Cook over heat, stirring often.

Assemble on toast with quinoa.



MISO SOUP WITH BONE BROTH

250ML OF BONE BROTH (SEE METHOD ON NEXT PAGE)

1/2 TBSP MISO

2 SPRING ONIONS, FINELY SLICED

100G SILKEN TOFU, CUT INTO CUBES

1 SHEET DRIED NORI OR WAKAME SEAWEED CHILLI FLAKES – OPTIONAL

MAKE ONE PORTION. FREEZE LEFTOVERS.

Place the bone broth in a large saucepan and bring it to the boil. Turn down the heat to low then add the seaweed and simmer gently for 5 minutes. Stir in the miso so it is fully dissolved, but don't boil it. Add the spring onion and tofu, then gently heat through and serve. Sprinkle with chilli flakes if you want to add extra spice.

NEXT PAGE FOR METHOD ON HOW TO MAKE BONE BROTH





TO MAKE BONE BROTH

2-3 KG BEEF BONES, CHICKEN CARCASSES, LAMB BONES (USUALLY FREE FROM THE BUTCHERS) OR USE THE SAVED BONES FROM A ROAST

SPLASH OF APPLE CIDER VINEGAR

1 ONION

2 CARROTS

2 CELERY STALKS

1 TBSP BLACK PEPPERCORNS

3 BAY LEAVES, DRIED

MAKE ONE PORTION. FREEZE LEFTOVERS.

Place all of the above into a pan and cover with cold water until a few centimetres above the contents. Bring to the boil and then reduce to a simmer for a minimum of 12 hrs chicken. The longer they cook for the better. You can alternatively put it all in a slow cooker on high for 12 hrs. Approximately every 20 minutes, skim off any foam that forms on top. Once done, strain off the bones and vegetables, it will keep in the fridge for 3 days or you can freeze it for use in soups and stews..

