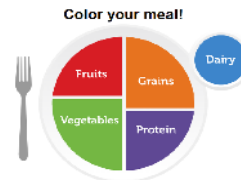




WINTER VEGETABLES IN COCONUT SAUCE



MyPlate.gov

Ingredients:

6 cups Butternut Squash or Sweet Potato, diced

1 bunch Kale, sliced

1/2 Onion, diced

1 Tbsp Turmeric

1 tsp Crushed Red Pepper Flakes

14oz. Coconut Milk

3/4 cup Water

1 Tbsp Soy Sauce

1 tsp Salt

Directions:

1. Sauté onion in stock pot until translucent. Add butternut squash or sweet potato and cook until starting to soften.
2. In a bowl, whisk coconut milk, water, soy sauce, salt, turmeric, salt, and red pepper flakes
3. Add mixture to stock pot and mix thoroughly with vegetables.
4. Bring to boil and add kale.
5. Reduce to simmer, cover, and cook for 20-30 minutes, or until squash or sweet potatoes are tender.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits? Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

F.O.R.
Comida y otros recursos
LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773

 Operado por el Consejo del Banco de Alimentos de Michigan
Food Bank Council of Michigan
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Michigan Department of Health and Human Services

F.O.R.
Food and Other Resources
HELPLINE




For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

 Operado por el Food Bank Council of Michigan
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F.O.R.
خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

1-888-544-8773

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Scan the QR code below for more resources!



linktr.ee/GleanersKitchen

Text **HEALTHYEATS** to 833-956-1009 to get text alerts for classes, nutrition tips, recipes, and