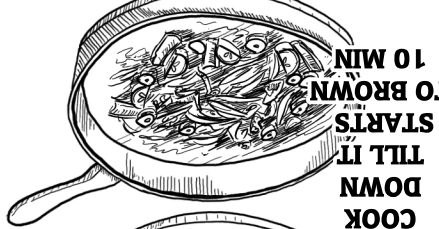


NO TOAST
CONDIMENT
AS A
SALAD
TOPPING
TACOS
WHAT TO USE IT ON:
LASTS ABOUT A WEEK
LET VEGGIE PASTE COOL
COMPLETELY BEFORE STORING

YOU CAN
ADD ANY KIND
OF VEG BUT I
ALWAYS USE ONIONS AND PEPPERS
AS A BASE. OTHER VEG IDEAS:
EGGPLANT, SPINACH, THYME,
SPRING ONIONS, RADISHES. I USE
BETTER THAN BULLION STOCK:
CHICKEN, ADOBO, OR SOFRITO.



BLEND UNTIL
SMOOTH
ADD SALT
TO
TASTE



EVAPORATED ENTIRELY
COOK UNTIL STOCK HAS ALMOST
ADD CILANTRO
ADD 1-CUP STOCK
COOK
DOWN
TILL IT
STARTS
TO BROWN
10 MIN
MEDIUM HIGH HEAT
ADD OIL
ADD ALL
VEG
EXCEPT
CILANTRO



3 tbs OLIVE
OIL + MORE
AS NEEDED
FINE
CILANTRO
CHOP
SKINS
CLOVES IN
LEAVE GARLIC
PIECES
LARGE
WANT
YOU
ROUGH
CHOP

POP'S HEALTHY RECIPES
IS BROUGHT TO YOU BY

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FOLLOW ON:

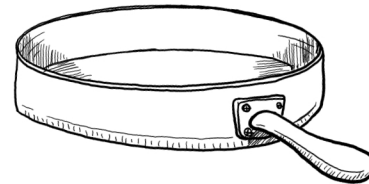
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Pop's **HEALTHY**
Recipes
Veggie Paste 01

YOU WILL NEED A
FRYING PAN



FOOD PROCESSOR, FLIPPER,
SCRAPER, AND SPOON

2 ONIONS, 2 CARROTS, 1/2 HEAD
OF GARLIC, 2 BELL PEPPERS,
1 SQUASH, 1/4 CABBAGE, BUNCH
OF CILANTRO, 2 THAI CHILI
PEPPERS

