

Root Vegetable Detox Stew

1 tablespoon olive oil
12–16 ounces portabella mushrooms cut into
 1/2-inch cubes
3 medium carrots, chopped
1 medium onion, chopped
3 celery stalks, chopped
2 garlic cloves, peeled and chopped (1 teaspoon)
1 large daikon radish, cubed
1 medium parsnip, cubed
1 medium turnip, cubed
1–2 medium potatoes, cubed
2 cups chopped cabbage
6 cups vegetable stock
1 teaspoon dried thyme
1/2 teaspoon ground bay leaf
1 teaspoon ground rosemary
1 tablespoon sea salt or to taste
Optional: 1 tablespoon honey



Sauté the mushrooms with the olive oil. Put the stock in a large stockpot and add the sautéed mushrooms. I blended the vegetables used in making the stock into the stock, which adds some thickness, but you can strain them out or use canned stock if you prefer.

Add all the chopped and diced vegetables to the pan along with the spices. It should be ready to eat in about an hour.

This recipe can be adapted to use other spices that you like better. I added a little honey to counter the bitterness of the turnip. This is a cruciferous goldmine and hearty as well.