



Handcrafted Seasonings

Southwest Vegetable Medley

Green Beans, Corn, Zucchini, Sweet Potato, Tomato
gluten free, low fat, low sodium

Yield: 6 – 8 portions

Ingredients:

1/2	pound	Green beans, cleaned and cut in half
2	each	Corn on the cob, shucked
1	each	Sweet potato, medium, peeled, 1/2" dice
1	tbsp	Oil, safflower, sunflower, coconut, or olive
1	tbsp	Heart o' Texas Spice
1	15 oz can	Roasted tomatoes, diced
1	each	Zucchini squash, medium, 1/2" dice
1/2	bunch	Fresh cilantro, chopped
1/2	tsp	Sea salt, fine
1/2	cup	Cotija or Queso fresco cheese, crumbled

Instructions:

- Cut fresh corn off the cob
- In a medium sized pot, bring 2 quarts of water to a boil; add the first three vegetables and parboil for 3 minutes; strain and set aside
- Using the same pot on medium heat, add oil and **Heart o' Texas Spice** and sauté for 15 seconds; add tomatoes and simmer for 5 minutes
- Add the parboiled vegetables and zucchini and simmer for 2 more minutes
- Remove from stove and finish with cilantro and salt
- For service, sprinkle with cheese

Note:

Other vegetables can certainly be used for this recipe. If using vegetables such as onions, leeks, butternut squash, poblano peppers, be sure to parboil them first. When using more delicate vegetables such as mushrooms and asparagus, add them 2 minutes prior to finishing the dish.

Try using some of the other **Handcrafted seasonings** for a different taste profile!



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