

Beet & Carrot Casserole

- 6-8 beets
- 1 ½ lbs. carrots
- 1 bunch green onions, finely chopped
- 3 cloves garlic, minced
- ¼ cup ghee or olive oil
- ¼ tsp. ground black pepper
- Bragg Aminos or tamari soy sauce
- Optional: 12 oz. Jack cheese (or non-dairy cheese),grated



Scrub beets and carrots. Steam the beets whole for about 10 minutes. Add whole carrots and continue to steam (wait a little longer to add carrots if they are very small) until tender/firm. Rinse in cold water, removing the skins as you do so. Separately grate the beets and carrots. Place both in a 2-quart casserole, mixing lightly so that the colors do not blend. Heat ghee or oil, in a medium skillet over medium flame. Sauté onions and garlic until golden. Gently mix these in with the beets and carrots. Sprinkle with pepper and tamari or Bragg Aminos to taste. Cover with grated cheese. Broil until cheese is golden and bubbly. Garnish with finely chopped green onions.

This recipe is courtesy of Siri Ved Khalsa, my good friend and author of the cookbook, **From Vegetables With Love**. She encourages you to be creative with this casserole: Substitute sliced tomato for grated cheese or mix in any of the following: sliced avocado, olives, mushrooms, jalapenos, roasted peppers, thinly sliced onions, zucchini slices, or whatever suits your fancy.

My Two Cents

There are two super things about this recipe. One is that it's so, so good for your liver and, as is the case with most of us, our livers need all the support they can get to purify the blood and get the toxic gunk out of our systems. Secondly, trust me when I say it's very delicious. When you mix the more bland tasting carrots in with the beets, the intensity of the beets is toned down, with the two of these root veggies creating a perfect blend of sweet and salty. You're gonna love it. Make a double recipe and save to eat in small portions over the week. Oh, and don't forget to wear an apron. Those beets have a way of turning everything around them bright red!