



Autumn Vegetable Paiyaa

Ingredients

- 2-3 tablespoons organic vegetable broth
- 1 cup button mushrooms, sliced
- 2 tablespoons freshly chopped parsley
- 1 Medium yellow onion, sliced
- 1 14 oz can of diced tomatoes
- 2 cups brown basmati rice
- 4 cups low sodium organic vegetable broth
- 1 teaspoon cinnamon
- 1 teaspoon paprika
- 1 teaspoon saffron threads or ground turmeric (for color)
- 1/2 cup frozen peas
- 1 delicata squash, halved and sliced
- 1 1/2 cup cauliflower florets
- 1 tablespoon extra-virgin olive oil salt and pepper
- 1/4 cup freshly chopped parsley, for topping
- optional: roasted pumpkin seeds or butternut squash seeds, for topping

Directions:

Step 1 - Preheat oven to 400 degrees. Sliced delicate squash in half and remove seeds with a spoon. Then, slice squash into 1/2" slices. Toss with olive oil, salt, and pepper, then spread across a baking sheet. Do with same with the cauliflower florets and spread across the same baking sheet. Roast for 30 minutes, tossing once.

Step 2 - Add sliced mushrooms and 2 tbsp of freshly chopped parsley in a large skillet. Sauté in 2 tablespoons of vegetable broth until mushrooms are golden, then remove from pan and set aside. In the same pan, add 1-2 more tablespoons of vegetable broth and sliced yellow onions. Sauté onions until golden brown.

Step 3 - Add diced tomatoes into onions and stir to combine. Next, add in 2 cups of brown rice and stir once again to coat. Toast rice for 1-2 minutes, then add in vegetable broth, cinnamon, saffron, and paprika. Stir to evenly disperse liquid and spices. Bring to a boil, then turn down to a simmer and cover. Cook for 40-45 minutes over medium low heat.

Step 4 - After almost all of the liquid is absorbed, stir in frozen peas and cooked mushrooms. Cook for another few minutes until liquid is absorbed and rice develops a bit of a crusty the sides and bottom of the pan. Top with delicata squash around the edges in a circle, and place the roasted cauliflower in the center. Sprinkle with lots of freshly chopped parsley and pumpkin or squash seeds.

Dig on in!