



Obama's Nutritional Knowledge Will Heal America

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My Encounter with Barack Obama

Barack Obama was introduced to the McDougall Program as a teenager during his years at Punahou High School (1975 to 1979). At the invitation of Brad Yates, the school's health education teacher, I spoke annually at this top private school in Honolulu, Hawaii. After one of my lectures, a group of four young men sitting in the front row of the auditorium approached me. One of the students was introduced to me as Barry Obama. As a young black man he stood out from the rest of the white and Asian student body. Hopefully, I made a lasting impression on his thinking. Page 2

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Featured Recipes

- **Spicy Pumpkin Soup**
- **Nara's Potato Veggie Vegan Yum Soup**
- **Tea House Vinaigrette**
- **Cuban Black Bean Soup**
- **Cassoulet**
- **Mediterranean Chard**
- **Cheater Pad Thai**

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My lectures at Punahou High School focused on how meat and dairy products sickened people, causing obesity, diabetes, heart disease, and cancer. I explained to my attentive audience that protein and calcium deficiency are myths promoted for the benefits of the profitable food industries. The students had many questions, but they seemed accepting of my bold ideas. Many changed their own diets, and those of their families, after hearing my words of dissent.

Obama's Life Among Starch-eaters

Throughout his life Barack Obama has been heavily exposed to diets based on starches with the addition of fruits and vegetables. In addition, those diets had little meat and no dairy foods. Born (August 4, 1961), and raised, in Hawaii, he experienced the food habits of the Chinese, Filipinos, and Japanese living mostly on rice, and Hawaiians living on taro and breadfruits. He also spent several years (1967 to 1971) in Indonesia, where rice was the staple food and 98% of the calories people ate came from plant-food sources. In 1988 he spent five weeks in Kenya. Even today, the Kenyans ingest mostly starchy grains and vegetables. The favorite dish in Kenya is ugali, made from cornmeal. As a world traveler and a student of history, Mr. Obama understands that all large successful populations throughout human history have obtained the bulk of their calories from starches, such as rice, corn, beans, and potatoes. He also knows that these people were always trim, strong, and hard working.

Even though Barack Obama says he enjoys a steak once in a while, his lifelong education has led him to recognize the importance of a healthy diet. In the video clip below, he responds to a question about the implications of how we eat. He, for example, knows:

1) *The environmental consequences of eating animals:* "...because it takes more grain to produce a pound of beef than if they [the people] were just eating the grain. What ends up happening is that it puts huge pressure on food supplies."

2) *The financial penalties of poor health:* "...if we reduce obesity down to the rates that existed in 1980, we could save the Medicare system a trillion dollars. We would reduce diabetes rates. We would reduce heart disease."

3) *That our children are being harmed:* "...just making sure there are more fruits and vegetables in school lunch programs, that would make an enormous difference in how our children's diets develop, that would make us healthier over the long term."

4) *The worldwide implications of our diet:* "...it [a healthier, less animal-food, diet] would cut our healthcare costs and maybe it would help people elsewhere in the world, who are in less wealthy countries, feed themselves as well."



Michelle Obama Stands With Her Husband

Michelle Obama is also a proponent of a healthy diet, expanding the White House organic garden, and launching a campaign in February of 2010 against obesity called "Let's Move!" Her newest book, American Grown, is all about the planning, planting, and harvesting of the White House garden. On January 31, 2012 she served Jay Leno on the Tonight Show a platter featuring apples, baked sweet potato "fries," and a vegan pizza made with eggplant, green peppers, and zucchini. The Obama daughters, Sasha and Malia, attend an exclusive private school in the Washington DC area that serves vegetarian meal alternatives.

Michelle Obama Serves Jay Leno a Low-fat, Starch-based Meal



If Barack Obama were my student again, I would ask him to:

Encourage members of congress to reintroduce and expand upon the 1977 Dietary Guidelines for the US. Unfortunately, the meat and dairy industries stopped these valiant efforts long ago, resulting in threats to our financial stability and national security.

Call upon his surgeon general, Regina Benjamin, MD, to update and implement the 1988 Surgeon General's Report on Nutrition and Health. By identifying animal foods as the cause of, and starches as the solution to, America's health problems, this document was supposed to have changed medical history (like the 1964 Surgeon General's Report on Smoking and Health did). Unfortunately, industry fought back and won.

Reign in the food industries. Start with insisting on truth in advertising. Make the meat and dairy industries provide warning labels that their products cause obesity, heart disease, type-2 diabetes, and cancer. Make them publically admit that protein and calcium deficiencies are myths.

Remove all prejudicial affiliations with food industries. Currently the USDA, which writes the Dietary Guidelines for Americans, is staffed with people who have been working with the dairy, meat, egg, and processed food industries. Their agenda is the reason Americans are confused about what to eat.

Require congress to stop subsidizing unhealthy farming. Estimates are that \$200 billion is spent annually to support the production of food. (That is approximately \$1500 per household.) Through this convoluted system 63% of subsidies go to the meat and dairy industries, with less than one percent for fruits and vegetables. This ratio needs to be reversed for a healthy America. Subsidizes and taxes control behaviors.

Have congress place a food tax on meat, dairy, and other unhealthy foods. Similar to the fitting taxes levied on tobacco, our country needs a "fat tax." The revenues can then be spent on education and to support more universal and fair health care.

Have congress amend the "food stamp programs" to pay only for starches, vegetables, and fruits. These entitlements currently prohibit purchase of alcohol and tobacco. Add meat, dairy, and other junk foods to these exclusions. People now sickened by the foods, soon require government-supported healthcare.

Develop campaigns to feed our children proper diets. Current USDA policies have left our children hungry by asking them to fill up on low-calorie green and yellow vegetables, rather than starches. There are insufficient calories in these non-starchy vegetables. The school lunches are still filled with damaging dairy, meat, and other junk.

Require all government supported nutrition programs to serve starch-based meals. This includes the diets served to children at public schools, our military, and other government supported businesses that provide food.

Have doctors prescribe diet-therapy in Obamacare. Over 75 percent of our healthcare costs are due to chronic diseases; most can be cured with diet. People with heart disease, hypertension, type-2 diabetes, arthritis, multiple sclerosis, and obesity need good food first, not medications or surgeries. As part of the plan, medical doctors and dietitians must be trained in, and required to offer, diet-therapy.

Allocate funds for a massive reeducation campaign. The meat, dairy, and junk food industries have been allowed to unabatedly brainwash Americans (both lay and professional) for the past half century. Demand equal money and time to compensate. All manners of public education are needed to reverse the harms done in the past.

There is much to be done and such a short time to fix our nation. Clearly, Barack Obama understands the im-

Our President: Out of the Closet

Election campaigns are over for Mr. Obama; therefore he no longer has to eat meat in public. This act always seemed staged to me, an effort to indentify with the average American. New, world-changing photo ops will have him eating the foods that he was raised

on, such as traditional Indonesian rice and vegetable dishes. To move the country forward and heal our nation, the President should be photographed eating Jay Leno's vegan pizza.

My wife Mary would be happy to help the White House chef plan the Obama family's daily menus. They would be eating cosmopolitan meals: Irish oatmeal for breakfast, Italian Minestrone vegetable soup for lunch, and Mexican bean burritos for dinner. At the next White House dinner the Obamas can make a policy statement by serving dignitaries a healthy menu of "McDougall lasagna," baked sweet potatoes, steamed broccoli, salad, and peach pie. This kind of publicity will give Americans clear directions for solving widespread obesity and sickness. It will also demonstrate an understanding of the global warming effects of livestock production, and a solution to growing food shortages worldwide.

Great Honor Bestowed on Dr. McDougall by the Hawaii Senate

Other than the most rewarding satisfaction I have received from seeing tens of thousands of lives changed by the McDougall Program and the glowing words of appreciation I have been given by many of my patients and other followers, my work has largely been unrecognized in any formal manner. Fortunately, this lack of coveted, yet somewhat superficial, attention causes me almost no distress. However, I admit, a little attention from the establishment would be welcome.

On November 13, 2012 I received an award honoring and commending my work during my evening presentation at the Hawaii Vegetarian Society in Honolulu. State Senator Mike Gabbard, a democratic member of the Hawaii Senate (19th District), presented me with this certificate and many kind words. The source of this acknowledgment was especially relevant because Senator Gabbard has battled for

better nutrition for the citizens of his state for many

years. His Senate Bill 2136 in 2008 was supposed to require the Hawaii State Department of Health to develop nutritionally sound public school menu plans that give students the option of a vegetarian school lunch meal. Unfortunately, his timely effort was defeated. Fortunately, the Senator continues the battle undeterred by the opposition.

An honor from my home state of Hawaii was personally touching because almost everything that I use today to help people I learned during my early years of medical practice there. My first medical license, which is currently active, was from Hawaii. I received training as a surgical intern at the Queens Medical Center between 1972 and 1973. My internal medicine education was from 1976 to 1978 at the University of Hawaii.

However, my most important lessons came in between these periods of formal schooling. Between 1973 and 1976, I cared for nearly 5000 plantation patients while working for the Hamakua Sugar Company on the Big Island. During these years as a general practitioner my responsibilities were enormous because I was the only doctor immediately available; the nearest specialists were 41 miles away in Hilo, Hawaii. I attended my patients in the beginning when I delivered their babies and also at the end when I pro-





The Senate

HONORING AND COMMENDING DR. JOHN A. MCDUGALL

*"I'm the luckiest doctor in the world, because my patients get well.
Other doctors give people pills, I'm the doctor who takes them off drugs."
--John McDougall*

Observant. Intelligent. Fortright. Caring. Those are some of the qualities shown by **Dr. John A. McDougall** in his long career as a physician and nutrition expert who teaches better health via a plant based diet. He has been studying, writing and loudly speaking out about the effects of nutrition on disease for over 30 years. Dr. McDougall is a veteran of the natural wellness movement and a best-selling author who has helped thousands improve their quality of life by helping them switch to a low-fat vegetarian diet primarily consisting of whole grains, fruits, vegetables and legumes.

When he was 18 years old, Dr. McDougall suffered a massive stroke which he attributed to his standard American diet high in animal protein and fat. In the mid 1970s, while practicing medicine in Hawai'i, he noticed that his elderly Asian patients who lived mainly on rice and vegetables were trim and healthy compared to their offspring that adopted the American diet. In response, Dr. McDougall switched to a traditional Asian, heart healthy diet for himself and became his own positive testimonial after shedding many unwanted pounds of harmful fat.

Dr. McDougall is currently the Medical Director of the McDougall Program, a highly successful residential program of over twenty years located in Santa Rosa, California. He has run his dietary programs in hospitals and for insurance companies with great results.

The Senate of the State of Hawai'i hereby honors and commends **Dr. John A. McDougall** for his many years of service in promoting healthy and healing lifestyles. Your leadership as one of the first traditional physicians in the medical establishment to assert that adoption of a vegetarian diet can reverse heart disease and other illnesses has saved countless lives. Mahalo nui loa for your determination to help people look and feel great while enjoying optimal health for a lifetime.

Arvid J. DeG
John A. McDougall
Michelle L. Lani
Elizabeth Chun
Michelle Lani
Mike Gabbard
Shan S. Tsutsui
Carol Taniguchi
John Green M.D.

Done this 13th day of November 2012
 State Capitol, Honolulu, Hawai'i

Mike Gabbard
 Mike Gabbard, Sponsoring Senator

Shan S. Tsutsui
 Shan S. Tsutsui, President of the Senate

Carol Taniguchi
 Carol Taniguchi, Clerk of the Senate



Certificate No. 1604

nounced them dead. In between, I was called on to do tasks as mundane as prescribing salves for toe fungus and as frightening as brain surgery in the middle of the night following an auto accident.

Two major observations from my plantation days served as the foundations for my life long medical practice. One was the woeful lack of benefits I saw from most standard treatments, and the other was the importance of food for preventing common chronic illnesses. Most of my patients failed to heal from my prescribed drugs and surgeries; as a result I looked elsewhere for solutions. My first-generation Filipinos, Japanese, Chinese, and Koreans were trim, disease-free, strong, and long-lived on a diet mainly of rice

and vegetables. Subsequent generations progressively abandoned their traditional diets for more meat, dairy, and other junk, and as a result gained excess weight and became sick.

Since 1978, when I began my office-based medical practice in Kailua, Hawaii, I have worked to eliminate unnecessary medications for my patients and to show them how to regain their lost health and appearance by changing to a starch-based diet. Today I enthusiastically teach the same messages at my live-in clinic in Santa Rosa, California. The past forty years have been far from "a thankless job," as the real rewards in life come from helping others. My great hope is that this certificate of accomplishment from the Senators of Hawaii will act as a signpost marking the moment when the ruling class of the world will no longer deny the life-sustaining roles nutrition plays in human health.



November 2012 Recipes

Spicy Pumpkin Soup

This soup is spicy, yet creamy, a perfect first course for your holiday dinner. It's easy to prepare ahead and reheat just before serving, another plus for those busy family mealtimes.

Preparation Time: 10 minutes

Cooking time: 20 minutes

Servings: 8-10 as a first course

- 2 ¼ cups vegetable broth
- 1 small mild onion, diced
- 1 teaspoon crushed garlic
- 1 teaspoon curry powder
- 1 teaspoon ground cumin
- ¼ teaspoon ground cardamom
- ¼ teaspoon white pepper
- 1 15 ounce can plain pumpkin
- 1 ½ cups non-dairy milk

Place ¼ cup of the vegetable broth in a large soup pot with the onion and garlic. Cook, stirring frequently until onion becomes very soft. Stir in all the spices and mix well. Add remaining broth and pumpkin and whisk until smooth. Bring to a boil, reduce heat and simmer for 15 minutes, stirring occasionally. Add the non-dairy milk and heat through.

Using an immersion blender, puree the soup in the pot until smooth. (Or remove in batches to a blender and process until smooth. Return to pan.) Soup may be refrigerated for later reheating at this time.

Heat slowly, being careful not to boil, and serve in small soup bowls as a first course for your holiday meals.

Hints: 1 ½ cups of any type of cooked, pureed winter squash may be used in place of the canned pumpkin. Try Butternut or Acorn for the richest flavor. If using canned pumpkin, be sure to buy the plain pumpkin, not the pumpkin pie mix variety.

Nara's Potato Veggie Vegan Yum Soup

Serves 4

- 3 cloves garlic, minced
- 1 onion, diced small
- 2 large Yukon gold potatoes, diced large
- 1 patty pan squash, diced large*
- 4 cups (or one carton) of veggie broth
- 1 can garbanzo beans, drained and rinsed



1 large handful of spinach
¼ cup cashews
2 Tablespoons nutritional yeast

*(or whatever tickles your fancy from the farmer's market)

Saute garlic and onion in a splash of veggie broth. Add the remaining veggie broth, potato and patty pan squash. Bring to a boil. Reduce heat, cover and simmer for 15 minutes or until potatoes are soft. Turn off heat. Take 1 cup of soup (broth, veggies and all) and place in blender with cashews and nutritional yeast to make a "cheesy" sauce. Add spinach, garbanzo beans and blended sauce to the pot. Stir and cook 3 minutes more. Season with salt and fresh cracked black pepper as desired. Enjoy! Yum!

Mary's note: This recipe was sent to me by a long-time follower, Jen Duffie. She says her daughter, Nara, age 9, is very adventurous in the kitchen. She goes to the farmer's markets and spends her own money on whatever interesting fruits and vegetables her \$5 will buy and then comes home and concocts her own recipes and names them. This recipe is a particular favorite and Nara asked her mom to send it to me. I think it is fantastic that Nara is starting out at an early age loving to cook delicious foods in her family kitchen. She is an inspiration for all young people to get in the kitchen and start cooking!

Tea House Vinaigrette

By Linda Vallin

I love all of the tofu-based dressings, but sometimes I just want a big bowl of fluffy greens with a nice vinaigrette. My pre-McDougall standard was 1/3 c. red wine vinegar, 2/3 c. olive oil, 2 cloves garlic, salt and pepper. I love Ann Essey's magic walnut sauce, and something I stumbled on while surfing the web recently started me thinking about how to modify it into a vinaigrette. The article suggested lowering the fat in salad dressings by substituting black tea for some of the oil. This is what I came up with. It clings nicely to the lettuce leaves, has just the right amount of acidity, and tastes great!

1/3 cup walnuts
2/3 cup decaf black tea (cooled)
1/3 cup red wine vinegar
2 large cloves garlic
Black Pepper and salt to taste

Put the first three ingredients in a blender and blend until smooth. Squeeze the garlic through a garlic press and add to dressing ingredients. Season with black pepper and salt, if desired, while tossing with the salad ingredients.

Variations:

- *Substitute pecans for the walnuts and use fig or balsamic vinegar
- *Substitute almonds for the walnuts and use rice vinegar and jasmine tea, maybe with a bit of ginger instead of the garlic
- *Make the Oriental Dijon dressing from the Quick & Easy Cookbook (my all-time favorite), but use decaf oolong, green or jasmine tea in place of the water
- *Use 1/3 cup green olives (cured in brine, no added oil) in place of the walnuts.
- *Add fresh herbs

Happy Herbivore Abroad

New Book by Lindsay Nixon

In the last 10 years, Happy Herbivore chef Lindsay Nixon has lived in 8 states, visited 46, spent a year as an expat on a Caribbean island, and traveled to more than 35 places abroad. As a celebration of Nixon's jet-setter lifestyle, *Happy Herbivore Abroad*, combines traditional comfort foods from home with international inspiration and stories of her adventures.

A little of everything--basics, comfort food, international cuisine, and travelogue--*Happy Herbivore Abroad* provides your palate with more than 135 of Nixon's crowd-pleasing recipes low in fat, high on health, and made with everyday ingredients. True to the Happy Herbivore creed, these vegan dishes are easy to make, easy on your wallet, and completely plant-based.

Lindsay S. Nixon is a rising star in the culinary world and the author of the top-selling Happy Herbivore cookbook series, praised for her ability to use everyday ingredients to create healthy, low-fat recipes that taste just as delicious as they are nutritious. To learn more about Lindsay and sample a few more of her recipes go to www.happyherbivore.com. This book may be ordered on her website or on www.amazon.com. The recipes that follow are from her new book.

Mary's Note: Another fabulous book from Lindsay Nixon, a McDougaller since 2008, with amazing recipes and no need to "adapt" them by leaving out the oil, etc. These are recipes I would use in my kitchen everyday.



Cuban Black Bean Soup

Serves 2

½ small onion, chopped

1 ½ tsp chili powder

1 tsp ground cumin

1 15-oz can black beans, drained and rinsed

1 ½ c vegetable broth

¼ c prepared salsa

1 ½ tsp lime juice

2 tbsp fresh cilantro, chopped (garnish)

1-2 green onions, sliced (garnish)

corn chips, crumbled (garnish)

hot sauce or cayenne pepper (optional)

Line a skillet with a thin layer of water (or vegetable broth). Sauté onion over high heat until translucent--about 2-3 minutes. Add chili powder and cumin, and stir to combine. Then add beans, vegetable broth, and salsa. Bring to a boil, then reduce to low and simmer for 10 minutes. Remove from heat and stir in lime juice. Transfer half of the mixture to a blender and puree until mostly smooth. Mix puree back in with soup. Garnish with cilantro, green onions, and broken corn chips. You can also drizzle with hot sauce or add cayenne pepper to taste, if desired.

Chef's Note: You can make your own corn chips from corn tortillas. Crisp tortillas in a toaster oven or oven (350 degrees) for a few minutes until crisp.

Cassoulet

Serves 3

8 oz vegetable broth

1 onion, diced

4 garlic cloves, minced

2 carrots, skinned and chopped

2 celery stalks, chopped
 2 tbsp fresh thyme, divided
 2 tbsp fresh parsley, divided
 1 tomato, diced
 2 tbsp tomato paste
 1 15-oz can white beans (any kind), undrained
 thyme sprig (garnish)

Line a large pot with a thin layer of vegetable broth and sauté onion and garlic over high heat until onions start to become translucent, about 2 minutes. Add carrots, celery, and remaining vegetable broth and bring to a boil. Once boiling, reduce to medium, cover, and keep cooking until carrots are softer but still firm, about 5 minutes. Add 1 tbsp fresh thyme, 1 tbsp fresh parsley, diced tomato, and tomato paste, stirring to combine. Continue to cook until carrots are fork tender and soft, but not mushy or falling apart—about 4 more minutes. Stir in beans (with liquid) until well combined and add remaining fresh thyme and parsley. Reduce heat to low and cook until beans are warm. Ladle into a bowl and garnish with a thyme sprig.

Mediterranean Chard

Serves 2

Vegetable broth, as needed
 8 garlic cloves, minced
 red pepper flakes
 2 tsp capers
 1/3 c olives, sliced thin
 2-3 c chard, chopped
 1 tsp lemon (zest)

Line skillet with a thin layer of vegetable broth and sauté garlic and a pinch of red pepper flakes over high heat for a minute or two, until the garlic is golden in color, fragrant, and most of the broth has cooked off. Add enough broth to line the skillet again, then add capers and olives. Sauté for a few seconds, then add greens. Stir to combine and continue to cook, using tongs or a spatula to stir the greens around, incorporating them with the other ingredients and to help cook them down. Once greens are darker in color and softer, about 2-3 minutes, turn off heat. Add lemon zest and stir to combine before serving.

Chef's Notes: Feel free to scale back the garlic. If you are not a garlic lover 8 cloves might be overpowering. While any olive will do here, kalamata olives are best.

Cheater Pad Thai

Serves 2

¼ lb thick rice noodles
 2 tbsp low-sodium soy sauce
 1 tbsp smooth peanut butter
 1 tbsp sweet red chili sauce
 ¼ tsp granulated garlic powder
 ¼ tsp ground ginger
 ¼ tsp hot sauce
 3 oz bean sprouts
 chopped raw peanuts (optional garnish)
 lime wedge (optional garnish)

Prepare rice noodles according to package directions. In a small bowl, whisk 2 tbsp warm water, soy sauce, peanut butter, chili sauce, garlic powder, ginger, and hot sauce together until combined. It may appear too runny at first, but it's not. Taste, adding more hot sauce if desired. Using tongs, toss prepared noodles with the sauce until all noodles are evenly coated. Plate and top

with bean sprouts. Garnish with chopped raw peanuts and a lime wedge, if desired.

Variation: Double the sauce. Cook one 15-oz package of frozen stir-fry veggies according to package instructions and toss with the sauce and noodles.

Moroccan Vegetables

Serves 2

1 c vegetable broth

1 tbsp tomato paste

ground cinnamon

ground ginger

½ tsp ground cumin

½ tsp ground coriander

¼ tsp paprika

½ red onion, diced

1 carrot, skinned and sliced

1 zucchini, sliced

1 yellow squash, sliced

¼ c raisins, chopped

cayenne pepper

In a measuring cup, whisk broth with tomato paste, a few dashes of cinnamon and ginger, cumin, coriander, and paprika until well combined. Line a skillet with a thin layer of the broth mixture and sauté onions and carrots over high heat until onions are softer and translucent. Add remaining broth and vegetables, plus raisins, stirring to combine. Once boiling, cover and reduce to low and simmer until vegetables are fork-tender but not mush, about 5-7 minutes. Enough liquid should be left to coat everything, but if not, add a splash of water or vegetable broth. Add cayenne as desired plus salt to taste.

Chef's Note: Add some chickpeas with the vegetables if desired. Serve over quinoa or whole wheat couscous.