

McDougal's Farm LLC

What's Growing On!

Recipes

Kohlrabi with Peas and Potato

½ cup onion (chopped)

1 clove garlic (minced)

In a large soup pot, sauté in 1 tbs oil about 3-4 minutes.

½ tsp dry mustard

½ tsp ground cumin

¼ tsp ground turmeric

¼ tsp ground coriander

Add and stir-fry for about 30 seconds.

1 cup kohlrabi bulbs (peeled and chopped)

1 cup potatoes (peeled and chopped)

Add and stir briefly.

1 cup tomatoes (chopped)

12 cup water

¾ tsp salt

½ tsp sugar

Add; bring to a boil then simmer until vegetables are crisp-tender, about 15 minutes.

½ cup peas

Stir in and cook until peas are done. Serve over rice.