

Recipe For: **Roasted Sweet Potatoes**



Ingredients:

5-6 Large Sweet Potatoes
(peeled & chopped into
bite-sized pieces)
½ c Maple Syrup (pure is
best)
1/3 c Honey
3 tbsp. Butter, melted
1 tbsp. lemon juice
Salt & Pepper

Directions:

Mix syrup, honey, butter, salt & pepper in bowl. Toss with sweet potato chunks. Put potatoes in greased roasting pan or glass dish and bake at 400°F for approximately 40 minutes.



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Recipe For: **Homemade Veggie Soup**



Ingredients:

- Water (cover solids)
- Vegetable Cooking Stock or Bouillon cubes (1 per cup)
- Vegetables: examples are carrots, celery, onions, potatoes, parsnips, leeks, turnips
- Parsley
- Salt and pepper

Directions:

Chop all vegetables and herbs and put in large pot. Cover fully with cooking stock and/or water. If you don't use stock, add 1 bouillon cube per cup of water used. Bring to a boil and then lower to simmer. Cover and stir occasionally. Cook until vegetables are soft.

*Add left over
rice and/or
meat and make
it a meal!*



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