

# Autumn Casserole

## Ingredients

2 sweet potatoes (cut into large chunks) (peeled if not organic)  
2 carrots (cut into large chunks) (peeled if not organic)  
2 parsnips (cut into large chunks) (peeled if not organic)  
1 cup of dark lentils (washed)  
1 bay leaf  
1/2 cup of brown rice (washed)  
1 tbsp olive oil  
1 tbsp mustard seeds  
1 tbsp rosemary  
1 tbsp sea salt  
2 tbsp shoyu  
2 tomatoes (roughly chopped)  
1 litre of water  
Handful of parsley (finely chopped)  
small handful of arame (rinsed)

## Method

Put the oven on at 200°C. Heat the oil in a pan and add in the mustard seeds and rosemary. Saute for a minute until the seeds begin to pop. Add in all the vegetables and sea salt and mix well. Saute for a few more minutes. Then add in all the other ingredients. Mix well. Put the lid on and bake in the oven for 1 hour. Remove from the oven and serve. Serve with some fresh greens and sauerkraut (or other vegetable sides of your choice), and sprinkle with freshly chopped parsley.