

Braised Leeks & Carrots in Olive Oil

Ingredients

- ½ tbsp olive oil
- 3 onion, chopped
- 6 cloves garlic chopped
- 4 medium leeks
- 3 large carrots
- 1 tablespoon maple syrup or ½ tsp brown sugar
- 1 cup water
- juice of ½ lemon
- ¼ tsp ground coriander
- ¼ tsp dried thyme
- ¼ tsp dried mint
- ¼ tsp ground allspice
- ½ tsp kosher salt

Instructions

1. Trim and peel off the outer layer of the leeks. Then cut them in ¼ inch rounds. Soak in water for about 5 minutes and rinse well.
2. Peel the carrots and slice into ¼ inch circles.
3. Pour olive oil into a large sauté pan add onions, garlic, carrots and leeks and cook for about 10 minutes. Mixing several times.
4. Sprinkle with salt and spices, pour in 1 ½ cup of filtered water and lemon juice over mixture.

5. Cover and simmer on low heat for about 15 minutes or until slightly caramelized with some liquid remaining. Vegetables should be tender, not mushy.
6. Drizzle with the 3 tablespoons of olive oil. May be eaten at room temperature or cold.