INGREDIENTS

- 2 onions cut into quarters or sixths, depending on the size, leaving some of the root on to hold them together
- 2 yams cut into ½-inch thick rounds
- 2 cups broccoli, including the stem
- 2 Tablespoons olive oil or oil of choice
- 1 Tablespoon soy sauce
- ½ Tablespoons fresh ginger, peeled and chopped (tip: use the edge of a teaspoon to peel the skin off the ginger)
- ½ cup water

DIRECTIONS

1. In a large skillet, heat oil over medium heat. Add onions and yams, but do not stir until they get golden brown, about 3-5 minutes. Now stir them and add soy sauce, ginger, and water. Cover and simmer about 10 minutes, until done.

2. Add the broccoli and cover for 3-5 minutes, until just tender.

3. If the water cooks out, simply add a splash more.

Options

Use green beans, cauliflower, or kale instead of broccoli.

NOTES