

One-Pot Meal

Quick and easy, this meal incorporates almost all of the elements of the macrobiotic diet: Grain, bean, vegetables (upward, round and root), sea vegetables, all in a soupy stew. Hearty, warming, and satisfying, this is low-maintenance and can be a great meal once a week.

1 tablespoon olive oil
1 large yellow Onion
pinch of sea salt
1 large carrot
Spring water
burdock, diced
1/2 cup barley, soaked for three hours or overnight
1/2 cup lentils, washed
1/2 small head of cauliflower
1 strip of wakame, soaked and sliced off the spine, or a small handful of pre-cut
1 leek
2 stalks celery, sliced
shoyu to taste (roughly 1 teaspoon per cup of liquid)
chopped scallions or cilantro for garnish

Saute onions in large pot with a tiny pinch of salt until they are soft and translucent. Add burdock and saute two more minutes. Add water, wakame, lentils, grain, carrots and cauliflower. Bring to a boil and then reduce heat, simmering for 45 minutes. Add celery and leeks and seasoning. Cook for 10 more minutes. Garnish and serve.

Apple Sauce

2 honey crisp apples
A pinch of sea salt
1 tablespoon of tahini
2 tablespoons of rice syrup
A dash of cinnamon (optional)

Barley or Kukicha tea

Non-aromatic teas are a daily part of the macrobiotic diet. However, many people don't know the correct proportions of tea to water, nor do they know how steeped is too steeped.

Kukicha tea twigs

Roasted barley tea

Spring water

I use about a teaspoon of twigs or barley per cup of tea. However, that changes depending upon my condition, mood and the season. Bring water and tea to a boil, let simmer five minutes. Strain and serve