A logo with green and blue leaves

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Creamy Coconut Parsnips – Colleen’s Recipe!

**Ingredients**

2 tbsp butter, or cooking oil of choice

3 cups parsnips, washed and cut into cubes

2 cups coconut milk

¼ tsp coconut aminos

1 tsp garam masala

½ tsp coriander

Salt and pepper to taste

1/2 C water, to have on the side

**Directions**

* In a large pan, heat the butter or cooking oil and add the parsnips.
* Cover the parsnips and cook them at medium heat for 3-5 minutes or until they just barely begin to soften. You want the parsnips to soften, but to still be firm before you continue to the next step.
* Add enough coconut milk to coat all the parsnips, but not to drown them.
* Turn the heat to medium-high and let the coconut milk simmer for 1 minute uncovered.
* Cover the parsnips and turn the heat down to medium or lower until the coconut milk is slowly bubbling.
* Cook the parsnips covered for 10 minutes, stirring occasionally. If the coconut milk begins to evaporate or become very thick, add small amounts of water until the consistency is slightly thicker than the coconut milk you started with. The parsnips will begin to help thicken the sauce, you want this!
* After 10 minutes, add the coconut aminos, garam masala, coriander, salt and pepper and cover the parsnips to cook at the same heat for another 7-10 minutes, until the parsnips are completely soft and the consistency of the sauce is close to mashed potatoes. You want the parsnips to maintain their cubed shape, but to have softened enough where they have added to the thickness of the sauce.
* Adjust seasonings according to your liking and enjoy!