

Joey Sledgianowski's Mix Meal for Margaret Schedel and the S.E.A.L.s

(December 13th 2021)

::: recipe for approx 12 persons :::

5 parts, a mix up in reach for 12 humans.

1. - 2 Types of Rice-esque...

- brown rice & quinoa (approx 5 cups total... cook with slight bit of butter and pepper added)
($\frac{1}{4}$ cup is considered 1 serving)

2. - Mix of Veggies...

cooked: broccoli, small onions, mushrooms (cremini)

- fried in pan, start with slight water, coated with ground mustard and adobe, add oil eventually.

fresh, but chopped fine (side salad): mustard greens & carrots,
w/ olive oil, garlic, salt, pepper, & more?

3. - (somewhat open appetizer added in) - Celery stuffed with cream cheese or blue cheese & seasoning & maybe olives & chia

4. - (somewhat open appetizer added in) - Pickled asparagus____
($\frac{1}{2}$ vinegar, $\frac{1}{2}$ water, boiled. Add garlic, turmeric, salt, red pepper to jars. Pour in hot liquid.) Let sit in fridge for 1-2 nights before serving.

5. - Large Tea: red clover or red rose w/ maybe chai, maybe saffron, maybe kava. Let sit overnight in large pot. heat & serve next night. (this idea very open & still floating around in my head)
(rather calming tea) / (intentional mix up)