

Aromatic (I add garlic to everything)	Veggie #1	Veggie #2	Leafy Green or Fresh Herb	Spices/ other (use salt and pepper for all)
Leek (2-3 stalks)	Potato (approx. 2 lbs)		Parsley and/or chives	
Leek (2-3 stalks)	Cauliflower (1 large head)		Parsley and/or chives	
Onion (1 large)	Cauliflower (1 large head)		Kale, chard, or spinach (1 bunch or a few handfuls)	dry white wine (1 cup) (optional)
Onion (1 large)	Butternut Squash (approx. 3 lbs.)			1-2 tart apples (optional)
Onion (optional)	Carrot (approx. 2 lbs)	Celery Root (1 large root)		Cumin, coriander OR few tbs's sherry
Onion (optional)	Carrot (approx. 2 lbs)			Ginger (2 tsps. or to taste)
Onion	Carrot (approx. 1 lb)	Yam (approx. 1 lb)		Cumin, coriander