

## Loco (Local) Grilled Vegetables (Serpentine Fire)

By Mero Cocinero Karimi

### Elements

2-3-4 lbs. Local Vegetables (okra, chopped green/red peppers, sliced zucchini coins, onion quarters, Brussel sprouts, anything else that local and you love!)

**I also like to make jalapeños. If you do, too, slice in half (take out the seeds)!**

1 btl of olive oil (if you have more than 2-3 lbs. of chicken, you don't need to double the bottle of olive oil)

3-4 cloves of garlic, thinly sliced

1 bottle of soy sauce, low salt, for gluten free, use tamari

2 Oranges, sliced (washed)

2 lemons, cut in half

Thyme, 3-4 shakes or sprinkles to cover (let it rain lightly with Thyme)

Coriander (sprinkle)

Honey (optional)

### Process

1. In a plastic bag, place vegetables (place jalapeños in separate bag unless you want the veggies SPICY!)
2. Add enough soy sauce to make sure the vegetables are covered, but not too much.
3. Add 6-8 slices of garlic to each bag
4. Put 1-2 T of olive oil or just pour it in with 1-2 shakes
5. Add Thyme; Coriander
6. Take 1 slice of orange; squeeze, leave in bag; take lime give a some squeezes, put in bag.
7. Seal Bag; repeat 1-6, shake all bags so that flavors get on the veggies. If needed add more spices to taste. The more flavor you add here, the more flavor you give to The People.
8. Refrigerate for 12 hours.
9. Take out of refrigerator 30 minutes before you grill, shake again
10. Grill