Root Vegetable Stew

Serves 8, 1 cup per serving • Prep time: 15 minutes • Cook time: 45 minutes

**Ingredients**
- 1 Tablespoon canola oil
- 1 medium onion
- 2 celery stalks
- 1 Tablespoon curry powder
- 4 cups diced (½-inch) root vegetables, such as carrots, parsnips, potatoes, rutabagas, sweet potatoes, turnips, etc.
- ½ small head of cauliflower
- 1 quart low-sodium vegetable stock
- 1 (15-ounce) can chickpeas
- ¼ cup dried currants or raisins
- 2 cups kale
- 2 Tablespoons apple cider vinegar
- Salt and pepper to taste

**Directions**
1. Peel onion, rinse and dice into ½-inch pieces. Wash and slice celery into ¼-inch pieces.
2. In large stockpot, heat oil over medium-low. Add onion and celery with a pinch of salt. Cook until softened, about 8 minutes.
4. Drain and rinse chickpeas. Add stock, chickpeas and currants. Cook covered until fork easily pierces the vegetables, about 10-15 minutes, stirring occasionally.
5. Wash kale, remove stems and large veins and cut into 2-inch pieces.
6. Add kale to stockpot and gently mix. Let sit about 5 minutes. Stir in the vinegar and salt and pepper to taste.