



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.
3. Scrub and peel root vegetables. Dice into ½-inch cubes. Wash cauliflower and cut into florets. Add to stockpot and cook covered for 15 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.