

Fall Vegetable Stew

INGREDIENTS

- 2 cups cooked beans of your choice
- 1 cauliflower
- 1 sweet potato
- 1 red onion
- 4 cloves garlic
- 1 cups roasted pumpkin or butternut squash
- 3 zucchinis
- 2 red bell peppers
- 2 cups kale
- 4 cups veggie broth, preferably homemade
- Olive oil
- Salt
- Pepper
- 1 tablespoon Herbs de Provence

DIRECTIONS

1. Chop all veggies into medium sized pieces. Mince the garlic cloves.
2. Add 1 tablespoon olive oil to a large Dutch oven pot and heat over medium low. Add the chopped onion and garlic and sauté until onions become translucent. Add in all of the other veggies except the pumpkin and kale, and stir, cooking about 5 mins.
3. Add the broth and bring to a simmer. If you need more liquid, then either add more broth or just add some water. Add the herbs.
4. Stir in the pumpkin and allow all to simmer until veggies are tender, about 10 mins.
5. Before serving, stir in the kale and allow to just wilt. Adjust salt as needed. Stir in beans, if using.
6. Serve topped with additional fresh kale.