

Fall Vegetable Stew

Serves 8

Ingredients:

4 tablespoons olive oil
6 ribs celery, diced
2 medium carrots, diced
1 small red onion, diced
1 zucchini, diced
1 yellow squash, diced
1 red bell pepper, diced
1 Yukon Gold potato, diced
2 tablespoons chopped garlic
3 bay leaves
1 tablespoon dried chervil
1 tablespoon celery seed
1 ½ tablespoons caraway seed
4 cups cabbage, shredded
24 ounces tomato puree
2 quarts chicken stock
Kosher or sea salt and white pepper to taste

Directions:

COOKING INSTRUCTIONS:

1. Heat a sauté pan and add the olive oil.
2. Saute the carrots, celery, onions and peppers until lightly browned
3. Add the zucchini, yellow squash, garlic and potatoes and saute for about 5 minutes
4. Add the herbs, seasonings and cabbage
5. Add the stock, tomato puree and season to taste
6. Bring to a boil and reduce to a simmer. Simmer for about 30 minutes or until potatoes are fork tender
7. The overall flavor should be balanced very well, be careful not to over season
8. Garnish with julienned cabbage and Pecorino Romano cheese

Chef Notes:

Great served with bread or in a bread bowl

Add cooked beef, pork, bison or chicken to this for a great main dish

This is one of several produce-focused dishes created by Chef Jason Morse, 5280 Culinary, with funding from the Specialty Crops Block Grant administered by the Colorado Department of Agriculture. See the CFVGA Facebook page for more recipes and nutrition information or log onto: <http://coloradoproduce.org/>