(V)ITALE STEW

by Chef Audy

Serves 6 - 8
Dish is very prep heavy - but cooking time should be no more than half an hour.

FRESH AROMATICS

Yellow Onion (medium chopped)
Celery (3 stalks cut bite size)
Ginger (1" minced)
Garlic (½ bulb, minced)

FRESH VEGETABLES

Large Carrots (3 cut bite size)
Zucchini (2 cut bite size)
Sweet Potatoes (3 med. cut bite size)
Spinach (8 ounces chopped)
Turnips (1 large or 2 med. cut bite size)
Green Cabbage (8 ounces chopped)
Red Skin potatoes (3 medium cut bite size)
Scallions (4 stalks chopped small)
Green Beans (1 cup cut bite size, frozen ok)

Chickpeas (3/4 can, drained)

SEASONINGS

Fresh Thyme, Sage, Rosemary (several sprigs each)
Himalayan Sea Salt or Kosher (1 Tsp.)
Fresh Cracked Black Pepper (1 Tsp.)
Seasoning Blend (garlic/onion powder, paprika, Allspice)
Vegetable Stock - 5 to 6 cups
1 ½ cans Coconut Milk
Grapeseed or X-Virgin Olive Oil

OPTIONAL

1 whole Scotch Bonnet or Habanero Pepper (pierced) VERY HOT or 1 Jalapeño (pierced) SPICY

INSTRUCTIONS

Heat a large stock pot to medium high, add all AROMATICS and sauté until they turn translucent and fragrant.

Add to pot all FRESH VEGETABLES EXCEPT spinach and zucchini, turn down heat to medium, ADD SEASONINGS, continue cooking, occasionally stirring and blending all ingredients together for 10 minutes.

Add VEGETABLE STOCK, turn heat down to simmer, cover, continue cooking for 10 minutes.

Add chopped spinach, zucchini and COCONUT MILK, cover, simmer another 10 minutes.

Stew should be done when all vegetables, especially roots, are soft but partially 'al dente'.

Serve hot in a deep bowl, or ADD a small portion of Jasmine Rice (optional), ladle stew on top and serve hot!

ALLERGENS - Coconut