

## Winter Vegetable Stew

6 servings

2 Tb olive oil

1 large onion chopped

3 stalks celery chopped

2 carrots chopped

6 cloves garlic

1 lb portabella mushrooms sliced

1 tsp thyme

1 bay leaf

Celtic sea salt & fresh pepper

3 cup sweet potatoes cut into 1" cubes

6 cups stock (vegetable or chicken)

3 Tb ginger minced

2 cups turnips cut into 1" cubes

2 zucchini cut into quarters & sliced

1 ½ cup peas

2 Tb arrowroot

¼ cup parsley chopped

- Heat olive oil in a large soup pot. Add onion, celery, carrots.
- Sauté on medium heat covered for 5 minutes stirring frequently until soft, you don't want it to brown.
- Add ½ of the garlic, mushrooms. Stir & sauté 5 minutes until mushrooms begin to give off their liquid.
- Add thyme and bay leaf sea salt & fresh pepper. Mix to combine.
- Add sweet potatoes and stock.
- Turn flame up to high, bring to a boil
- Cover and simmer on medium low stirring frequently until sweet potatoes are beginning to soften about 5 minutes.
- Add turnips and zucchini. Simmer until just almost tender 3-4 minutes

- Using a cup scoop out 1 ½ cups of the vegetables & stock blend until smooth. Return to pot.
- Dissolve arrowroot in 2 Tb cold water. Add to soup
- Add remaining garlic & peas
- Simmer 2 minutes until thickened.
- Add parsley
- Taste, adjust spices serve in bowls. Garnish with additional parsley