

## Autumn Vegetable Stew

Besides being warm and nourishing, vegetable stews are the perfect canvas for what's in season. This time of year, there's nothing better than a hearty, warming stew loaded up with a variety of gorgeous fall vegetables.

*4 servings*

2 Tb olive oil

1 large onion, finely chopped

4-6 leeks, white parts, cut into quarters and thinly slice

4 cloves garlic, minced

2 carrots, thinly sliced

1 medium fennel bulb, sliced and coarsely chopped

1 celery root, peeled and cut into 1" cubes (1 ½ cups)\*

4 cups butternut squash cut into 1" cubes

1 Tb herbs de Provence or mix of dried herbs

1 tsp **celtic sea salt**

5 cups homemade chicken stock, vegetable stock or water

2 cups kale, stems removed, coarsely chopped

- In a large, heavy pot, heat the olive over medium-low heat. Add the onions and leeks, sprinkle with half the celtic sea salt and sauté, stirring occasionally for 5-10 minutes or until translucent. Don't let it brown.
- Add the garlic and sauté for 1 minute more.
- Add the carrots, fennel, celery root and butternut squash and stir to combine.
- Season with herbs and remaining celtic sea salt. Add stock/water and cover. Bring to a boil over high heat and then lower to a simmer. Simmer, covered, for 15 minutes or until the butternut squash is tender.
- Add the kale and stir to combine. Turn off the heat, recover and let sit for 5 minutes before serving. Taste and season with more sea salt if needed.

\*White turnips are a good substitute if you can't find celery root