

Roasted Root Vegetable Ital Stew

6 to 8 servings

INGREDIENTS FOR THE STEW:

- 1 cup dried kidney beans
- 5 2-inch slices of ginger
- 1 3-inch piece kombu
- Coarse sea salt
- 2 cups peeled and diced winter squash (such as kabocha, acorn, or butternut)
- 1/2 cup peeled and diced parsnips
- 1 cup peeled and diced sweet potatoes
- 1 cup peeled and diced Yukon Gold potatoes
- 5 tablespoon extra-virgin olive oil
- 1 large onion, diced
- 1 teaspoon dried thyme
- 1 teaspoon ground allspice
- 1/8 teaspoon cayenne
- 1 habanero chile, seeded and minced
- 10 cloves roasted garlic
- 2 cups simple stock
- 1 cup long beans, sliced into 2-inch diagonals
- 2 cups quartered brussels sprouts
- 1 14-ounce can coconut milk
- 1 teaspoon agave nectar
- 1 tablespoon freshly squeezed lime juice
- 1/2 cup minced cilantro
- Freshly ground white pepper

DIRECTIONS FOR STEW:

- Preheat the oven to 450 degrees F
- Combine the kidney beans, ginger, and kombu with enough water to cover them by 2 inches in a medium-size saucepan over medium heat and bring to a boil. Skim off any foam, reduce the heat to medium-low, and simmer, partially covered, until the beans are starting to turn tender, about 40 minutes, adding more water as needed to keep the beans covered. Add 1 teaspoon salt and cook for an additional 10 minutes. Drain the beans, reserving their cooking liquid.
- Meanwhile, in a large bowl, toss the squash, parsnips, sweet potatoes, and potatoes with 3 tablespoons of olive oil and 1/2 teaspoon salt.
- Spread the vegetables on a parchment-lined baking sheet and roast for about 50 minutes, for even browning, until the vegetables are tender and caramelized.
- While the beans are cooking and the vegetables are roasting, combine 2 tablespoons of olive oil with the onions, thyme, allspice, cayenne, and 1/2 teaspoon salt in a large saucepan and cook for 10 minutes, stirring often, until vegetables are soft. Add the chile and garlic and cook for an additional 2 minutes.
- Add the reserved beans, 2 cups of the reserved bean liquid, the roasted vegetables, and the simple stock to the saucepan and bring to a simmer over medium-low heat. Simmer, partially covered, for 35 minutes, stirring occasionally. Add the long beans and brussels sprouts and simmer for an additional 10 minutes, until soft. Stir in the coconut milk, agave nectar, lime juice, and cilantro and simmer until heated through, about 3 more minutes.
- Season with salt and pepper to taste

INGREDIENTS FOR THE SIMPLE STOCK (1 AND 1/2 QUARTS):

- 1 tablespoon extra-virgin olive oil
- 2 large onions, quartered (include skin)
- 1 large carrot, sliced thinly
- 4 celery ribs, sliced thinly

- 8 ounces button mushrooms, sliced thinly (stems included)
- 1 whole garlic bulb, unpeeled, broken up, and smashed with the back of a knife
- 2 bay leaves
- 3 sprigs fresh thyme
- 1/2 teaspoon coarse sea salt
- 1/8 teaspoon cayenne
- 9 cups water

DIRECTIONS FOR THE SIMPLE STOCK:

- In a stockpot over medium-high heat, warm the olive oil. Add the onion, carrot, celery, mushrooms, garlic, bay leaves, thyme, salt, and cayenne and saute, stirring often, until softened, about 5 minutes. Add the water, bring to a boil, reduce heat to medium-low, and simmer, uncovered, until the vegetables are meltingly tender, about 1 hour.
- Strain the vegetables, pressing down on them to extract all their liquids. Discard (and compost) the cooked vegetables.

***Vegan Soul Kitchen* by Bryant Terry: pages 93 and 76**