



## Winter Vegetable Stew

**Prep time: 20 minutes**

**Cooking time: 55 minutes**

**Servings: 4**

- 1 onion, chopped
- 2 garlic cloves, minced
- Pinch salt
- 1 ½ cups vegetable stock or filtered water
- 1 bay leaf
- 1 small butternut squash, diced
- 3 medium parsnips, diced
- 2 large sweet potatoes, diced in large pieces
- 3 celery ribs, diced
- 1 ½ cups frozen white corn
- 1 red pepper, diced
- 1 green pepper, diced
- 3 tablespoons chopped fresh cilantro

1. In large saucepan or a stockpot, cook onion, garlic, and salt in a little stock or water until soft.
2. Add remaining stock or water and bay leaf, and continue cooking over medium heat.
3. Add vegetables in the following order, stirring in one at a time: squash, parsnips, sweet potatoes, celery, corn, red and green pepper. Cover and reduce heat to low.
4. Simmer for 40 minutes, stir, and continue to simmer for another 10 minutes.
5. Stir in 2 T. cilantro and serve. Top with additional cilantro for garnish.



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