

BRAISED ROOT VEGETABLE STEW

with Pehoski Purple Garlic
Makes 4 Servings



INGREDIENTS

- 8c large diced Root Vegetables (Parsnips, Rutabaga, Carrot, Butternut Squash, & Red Cabbage were used in the picture)
- 1 large or 2 small Onions, cut into ½" rings
- 1T Butter
- 1T Olive Oil
- 1 can (14.5oz) Diced Tomatoes, no salt added preferable
- 1T Miso Paste
- ½c Vegetable or Chicken Stock
- ½t dried Thyme
- 20 slivers Pehoski Purple Garlic
- 1t Salt
- ¼t ground Black Pepper
- Sour Cream, for serving.

NOTES:

Red Cabbage isn't a root vegetable but is a nice accompaniment. Cut into 2" wedges with the root end still attached.

Switch up the root vegetables in this recipe to reflect your favorite flavors or what you have in the fridge!

This easy meal can paired with rice or noodles, topped with fried egg or left plain. As like most braised dishes, the flavor deepens overnight.

DIRECTIONS

If you have a pan that is stovetop and oven safe, that is really helpful for this recipe. If not, start in a sauté pan and transfer to an oven safe vessel.

1. Preheat your oven at 325°F
2. In a bowl, combine diced tomatoes (with liquid), miso paste, stock, and seasonings except garlic.
3. In your pan, heat the butter and oil over medium until the butter begins to sizzle. Add the onions & cabbage, if using. Cooking until they are golden brown on one side.
4. Flip the onions and add the garlic slivers. Continue cooking a few minutes for color.
5. Add the remaining vegetables and tomato mixture to the pan and bring up to a boil for 3 minutes.
6. Cover with a lid or aluminum and transfer to the oven. Bake for 45 minutes – 1 hour or until the vegetables yield to your fork easily.
7. Cool for a few minutes and serve with sour cream.

Recipe by Rachel Feenstra

