

***Too many CSA vegetables? Make this stew and freeze it for a delicious wintertime meal.***

## **VEGETABLE STEW**

***From your box:*** onions, potatoes, carrots, celery, eggplant, zucchini or squash, broccoli, tomatoes, dill  
(optional: add chopped leeks and bell peppers)

***Other Ingredients:*** garlic, butter, red wine (broth can be substituted), salt, pepper, tomato paste, molasses, sour cream

NOTE: Amounts of vegetables are up to the cook. Adjust liquid and tomato paste accordingly.

In a large pot, sauté chopped onions, garlic, potatoes, and eggplant in some butter. When potatoes are tender, salt and pepper and then add sliced broccoli, carrots, and celery as well as ½ cup red wine. Steam until all vegetables are tender, and finally, add zucchini/squash, 3 tablespoons tomato paste, some diced fresh tomatoes, 3 tablespoons molasses, and some chopped dill. Cover and simmer over low heat for 20 minutes. Adjust salt and pepper and serve with a dollop of sour cream.

*Adapted from The Moosewood Cookbook by Mollie Katzen*