

Curried Winter Vegetable Stew

Serves 4-6

1½ lb	winter vegetables – winter squash, turnips, parsnips, carrots, rutabaga, potatoes, etc. (any combination of these as well)
1 Tbsp	olive oil
1 ea	large onion – thinly sliced
2 cloves	garlic
Kosher salt	
2-3 tsp	curry powder
½ tsp	ground cumin
½ tsp	ground coriander
¼ tsp	turmeric
1 cup	chopped or pureed fresh tomatoes
1-2 cups	chicken stock, vegetable stock, or water
2 ea	bay leaves
1-2 cups	fresh spinach leaves – cleaned (or kale, or collard greens)
2 Tbsp	fresh cilantro – chopped (for garnish)

- Prepare your winter vegetables by peeling them, removing seeds (if necessary) and cutting them into small pieces. While they should of course be bite-sized, it's not as important what size the pieces are as that you cut them all the same size, so they cook evenly.
- In a large saucepan or small stockpot over medium-high heat, add the olive oil and then add the onion and garlic. Season with salt and cook until onions and garlic begin to brown nicely (don't let garlic burn!)
- Add the curry powder, cumin, coriander and turmeric, and toast in the pan until nicely fragrant – about 30 seconds.
- Add tomatoes and stock (or water), bay leaves and 1½ tsp of salt. Bring mixture to a boil, and reduce to a simmer.
- Add the prepared winter vegetables and cook in the stew until the vegetables are tender. The amount of time this will take will of course depend on how big the pieces you cut are, so check them regularly to make sure you stop cooking as soon as they are ready.
- When the vegetables are ready, add the spinach leaves and cook just until they wilt.
- Season to taste with salt, and a little additional curry powder if you desire. Serve in individual bowls topped with fresh cilantro.

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