

Vegetable Ragout With White Beans

1 ½ lbs butternut squash, peeled and cubed [*See below for substitute]
2 tbsp olive oil
4 cloves garlic, chopped
2 carrots, cleaned and cut into 1 inch coins
1 yellow onion
1 fennel bulb, halved and cored
8 leaves of swiss chard/kale, stems removed, cut into ribbons
1 tsp ground fennel seeds
1 tbsp fresh oregano, chopped
1 tbsp fresh thyme, chopped
1 tbsp fresh sage, chopped
1 15oz can white beans
1 tsp salt
1 tsp pepper
2 cups vegetable stock



*Butternut squash can be sweet; if you prefer something less sweet – use yellow squash instead, cut into 1 inch coins; or omit.

1. If using butternut squash, preheat oven to 400. Combine squash, 1 tbsp oil, ¼ of the garlic, ¼ tsp salt and pepper in large baking dish. Toss to coat, then roast for 20 minutes or until tender.
2. Meanwhile, heat remaining oil in large skillet. Add onions, salt and pepper, and garlic. Sauté for 3 minutes, until onion is clear. Stir in fennel, fennel seeds, carrots, remaining salt, and cook for 5 minutes.
3. Add beans, vegetable stock and yellow squash [if using]; bring to boil and reduce to simmer. Simmer for 15 minutes or until beans begin to break down and sauce thickens.
4. Add cooked butternut squash [if using], swiss chard/kale, and spices. Cook for 10 minutes, adding water as needed to keep ragout saucy.

Yield: 6 servings

From: Adapted from *Shape Magazine* recipe