

## Hearty Vegetable Stew

(From *A Year in a Vegetarian Kitchen: Easy Seasonal Dishes for Family and Friends*)

**Serves: 4 people**

### Ingredients:

- 2 tablespoons extra-virgin olive oil
- 2 medium leeks, white and light green parts, thinly sliced
- 4 medium-sized diced tomatoes
- Salt and freshly ground black pepper
- 1 large fennel bulb (about 1 ¼ pounds) stalks discarded, fronds minced, and bulb cut into ½-inch-thick strips
- 3 cups vegetable broth, or more as needed
- 6 medium turnips (about 1 pound), peeled and cut into 1-inch dice
- 2 medium parsnips (about ½ pound), peeled and cut into 1-inch dice
- 5 ounces peeled and sliced carrots
- ¼ cup minced fresh parsley leaves

### Directions:

- Heat the oil in a large casserole dish until shimmering.
- Add the leeks and cook until tender, about 3 minutes.
- Add the tomatoes, salt, and pepper to taste and simmer until the mixture thickens, about 5 minutes.
- Add the sliced fennel bulb and cook, stirring often, until the fennel softens slightly, about 10 minutes. **(If the fennel starts to stick or burn, lower the heat!)**
- Add the broth and bring to a boil.
- Add the turnips, parsnips, and carrots and simmer gently, uncovered, until the vegetables are tender (but not mushy) for about 30 minutes.
- Stir in the minced fennel fronds and parsley and adjust the seasonings, adding more salt and pepper to taste.

Bishop, Jack. *A Year in a Vegetarian Kitchen : Easy Seasonal Dishes for Family and Friends*. Boston: Houghton Mifflin Company Trade & Reference Division, 2004.