

## Squash, Kale and Italian Sausage Stew

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From *Williams-Sonoma Squash Cookbook* via Wendy Erickson  
Serves 6 - 8, depending upon portion size

### INGREDIENTS

1 butternut or acorn squash, or 1 pumpkin	1 green pepper*	1 lb Italian sausage (hot or mild)*
1 large onion	1-15oz can garbanzo beans	2 Tbsp olive oil
2 cups chicken stock	1/2 tsp thyme	1-16oz can whole tomatoes
1 bunch kale	10-12 whole peppercorns	1/4 tsp cayenne
1 bay leaf	cheesecloth and string	2 cloves garlic
1 sprig parsley		grated parmesan (for garnish)

### DIRECTIONS

1. Prepare a bouquet garni by bundling the bay leaf, peppercorns, garlic cloves, and parsley in cheesecloth. Tie the bundle closed securely.
2. Cut the squash into bite-sized cubes.
3. Cut the onion into 1/4" thick slices.
4. Dice the green pepper.
5. Roughly chop the kale.

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### DIRECTIONS

6. Heat the olive oil in heavy-bottom kettle, stock pot, or Dutch oven.
7. Add the sausage and onion. Cook until the sausage has browned.
8. Add the chicken stock, diced green pepper, tomatoes, garbanzo beans (drained), thyme, cayenne, and bouquet garni. Bring to a simmer and then cook for 30 minutes.
9. Add the squash. Simmer 30 more minutes.
10. Add the chopped kale. Gently simmer for 10 minutes.
11. Remove the bouquet garni and discard.

Serve hot, garnished with parmesan cheese and with a crunchy French baguette on the side.

### \*Optional substitutions:

- Use turkey sausage instead of pork sausage
- Use ground turkey seasoned with an Italian seasoning blend
- Use a red bell pepper instead of green

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