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| Squash, Kale and Italian Sausage Stew 1 of 2 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 lb Italian sausage (hot or mild)\*  1 large onion 1 green pepper\* 2 Tbsp olive oil  2 cups chicken stock 1-15oz can garbanzo beans 1-16oz can whole tomatoes  1 bunch kale ½ tsp thyme ¼ tsp cayenne  1 bay leaf 10-12 whole peppercorns 2 cloves garlic  1 sprig parsley cheesecloth and string 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 ¼” thick slices. 4. Dice the green pepper. 5. Roughly chop the kale. |
| Squash, Kale and Italian Sausage Stew 2 of 2DIRECTIONS  1. Heat the olive oil in heavy-bottom kettle, stock pot, or Dutch oven. 2. Add the sausage and onion. Cook until the sausage has browned. 3. 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. 4. Add the squash. Simmer 30 more minutes. 5. Add the chopped kale. Gently simmer for 10 minutes. 6. 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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