



cheverly community market

## Autumn Vegetable Stew

*from Kelly Fisher (www.wildfloweryoga.com)*

1 large leek, chopped small  
3 bay leaves  
1 turnip, peeled and chopped small  
1 sweet potato, peeled and chopped small  
5 cups vegetable stock (from 2 vegetable stock cubes)  
1" piece of ginger, minced  
2 large zucchinis, chopped small  
1 can cannellini beans (or navy beans or other bean of your choice)  
2 cups minced kale  
a large handful of spinach, coarsely chopped  
juice of 1 lemon  
fresh chopped parsley, flax oil (optional) and fresh black pepper for garnish

Sauté the leek in a saucepan with a little water or ghee for a few minutes. Add the turnip and sweet potato and sauté until they just begin to soften. Stir in the stock, bay leaves and ginger and simmer for 10 minutes.

Add zucchini, beans, and kale and cook over medium-low heat for 20 minutes, covered. At the end, stir in spinach and lemon juice, letting the spinach wilt. Remove bay leaves. Puree half the soup in a blender or using a hand blender and serve with parsley and fresh pepper.