

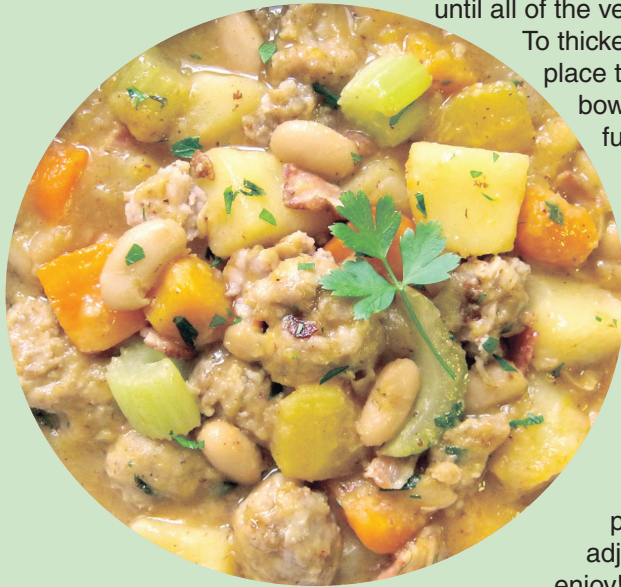
Harvest vegetable stew with sausage and beans

This hearty stew features some of the best produce that our autumn harvest has to offer. Locally grown vegetables are paired with sausage, beans and bacon to make for a comforting dish, perfect for cool weather. Quick and easy to prepare, this stew makes a wonderful meal. Make sure to serve it up with a crusty loaf of bread and butter. Yum!

Ingredients

(serves 4)

- 1 lb Bratwurst sausage
- 3 pieces bacon, chopped
- 1 onion, chopped
- 1 leek (white part only), rinsed well and chopped
- 2 garlic cloves, chopped
- 2 carrots, peeled and chopped
- 2 celery stalks, peeled and chopped
- 1 large potato, peeled and chopped
- 1 bay leaf
- 3 sprigs thyme
- 2 cups chicken or vegetable stock, preferably homemade
- 1 tbsp flour
- 3 cups mixed squash, peeled and chopped into bite sized pieces
- 1 540ml/19 fl oz tin white kidney beans, drained and rinsed
- 2 tbsp fresh parsley, chopped
- Salt and pepper to taste



Method

Remove the sausage meat from the casings and break up into bite sized pieces

Heat a large pot on medium high, add the sausage and bacon and fry until both browned and fully cooked, remove any excess fat

Add in the onion, leek, garlic, carrots, celery, bay leaf, thyme and stock to the pot, along with a pinch of salt and pepper

Bring to a boil, scraping up the browned bits on the bottom of the pot with a wooden spoon, then turn down the heat to medium low and allow to simmer for about 15 minutes, stir occasionally

Add in the squash and beans and simmer for another 10 to 15 minutes, until all of the vegetables are tender

To thicken the stew (if needed), place the flour in a medium bowl, remove two ladles

full of the hot stock from the pot and whisk into the flour, slowly pour the flour mixture back into the stew, stirring to avoid lumps, then bring the stew back to a simmer for a minute or two until it has thickened

Add the chopped parsley into the stew, adjust the seasoning and enjoy!

—Sarah Visheau is a Red Seal certified Chef, trained at Stratford Chef School (graduated with honours 1999). From Hamilton, she has worked within the food industry across Ontario, parts of Australia and recently moved to Georgetown. She has worked in restaurants, food shops, catering, on a cookbook and a magazine. She also teaches cooking classes and does demonstrations. This spring, she started a food blog. Using local and seasonal ingredients, she develops recipes, styling the food and photographing her creations. If you would like to read more about her edible experiences in and around Halton Hills, or would like to look up one of her quick recipes, please check out her blog at www.visheaus.blogspot.com or search Sarah's Culinary Adventure. If you have any questions, please email her at visheaus@hotmail.com.

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