

## **Week 1 Recipe from Chef Terri Rees**

### **Rustic Root Vegetable Stew**

4 – 6 as a meal

Nothing says fall or winter like root vegetables and apple cider in Michigan!

1 medium onion finely diced

1 rib celery finely diced

1 medium carrot finely diced

EVOO as needed

salt and pepper as needed

1 large Rutabaga, peeled and cut into ½ inch size pieces

2 medium parsnips, woody center removed and cut into ½ inch size pieces

2 medium sweet potatoes, peeled and cut into ½ inch size pieces

2 – 3 cups Chicken Stock

1 14 oz can diced tomatoes with juice

¼ cup apple cider

In a large six quart stock pan swirl some EVOO and add in the onion. Cook over medium heat until slightly transparent and then add in the celery and carrot. Cook until tender

Add the Rutabaga, parsnips and sweet potato, cover with chicken stock and cover the pan and bring to the boil. Reduce to a simmer and cook until the vegetables are fork tender. 10 – 12 minutes. Add in the diced tomatoes and apple cider

Bring back to the boil, and then simmer for about 10 minutes, until heated through. Check for seasoning and adjust if needed

Ladle into bowls and serve with crusty bread