

## Hearty Kale and White Bean Stew

Serves 6.

2 c. diced red onion	1 12 oz. can white beans
2 c. diced carrots	1 14.5 oz. can diced tomatoes
2 Tbsp. minced garlic	2 Tbsp. dijon mustard
2 c. diced peeled squash	1 tsp. Chopped fresh rosemary
2 c. sliced mushrooms	1 tsp. Red pepper flakes
3 Tbsp. olive oil	1 c. shredded Romano cheese
4 c. vegetable broth	
4 c. kale	

Heat the oil in a large frying pan, add the onions, carrots, garlic, squash and mushrooms, saute for 5 to 10 mins. Transfer vegetables to an 8 qt. Stock pot and add the stock, kale, beans, tomatoes, dijon mustard, rosemary and red pepper flakes. Cover and let cook for an additional 20 mins until kale is soft. Top with Romano cheese

**OKAY, I never do it by the directions exactly! I start with the stock pot and saute all the vegetables which I use sweet potatoes, zucchini, nearly anything (except I don't like mushrooms!) I saute longer - you gauge it for your taste. I use fresh tomatoes when possible and add more herbs. I grind dried rosemary, savory, salt, pepper and pepper flakes together, then mix in with the dijon mustard... then stir it in.**

**I also use garbanzo beans if I don't have white beans**