



**Eat Right  
Be Fit  
Live Well**

## **Butternut Squash Stew with White Beans and Kale**

### **Serves 6 to 8**

This is the perfect dish for those cold, wintry nights. Meat lovers, cook nitrate-free bacon in the pot before making this recipe then crumble it over the finished stew before serving.

### **Ingredients**

1 teaspoon dried parsley  
1 teaspoon dried thyme  
2 bay leaves  
1 tablespoon extra virgin olive oil  
1 yellow onion, chopped  
6 cloves garlic, thinly sliced or 3 tsp. jarred, minced garlic  
3/4 cup apple cider  
1 quart vegetable broth  
4 cups chopped kale or other dark, leafy greens (tough ribs removed)  
1 16oz can cooked white beans, drained  
Salt and pepper to taste  
1 pound peeled and seeded winter squash, such as butternut (delicata works well too – if using, no need to peel) cut into 1-inch chunks

### **Method**

Heat oil in a large pot over medium heat. Add onion, thyme, parsley, and bay leaves. Cook until onions start to just soften, about 5 minutes. Add garlic and continue to cook until onions are translucent, 3 to 4 additional minutes. Add cider and broth and bring to a boil, then add kale, beans, salt and pepper, reduce heat and simmer, uncovered, for 15 minutes.

Add squash and cook until desired tenderness, about 10 – 15 minutes more. Season to taste.

*Compliments of Whole Foods*