

# Spicy White Bean Stew with Broccoli Rabe/Kale

**Serves 4-6**

## Ingredients

- 1 large bunch (or 2 small bunches) broccoli rabe or kale, thick stems separated from the leaves
- ¼ cup olive oil, plus more for drizzling
- 4 garlic cloves, thinly sliced
- 1 medium red or yellow onion, thinly sliced
- Kosher salt and black pepper
- 2 to 3 tablespoons harissa or tomato paste
- Red-pepper flakes (optional)
- 2 (15-ounce) cans large white beans, such as cannellini, butter or great Northern, drained and rinsed
- 4-6 cups vegetable or chicken broth (or make your own, recipe below)
- 1 preserved lemon, thinly sliced, or 1 lemon, halved, for squeezing
- 2 ounces feta or other salty cheese, such as queso fresco or pecorino, crumbled
- 1 cup parsley or cilantro, leaves and tender stems
- Fried or medium-boiled eggs, for serving (optional)
- 6oz of pasta, such as orecchiette, orzo, or small shells (optional)
- Roasted chicken, shredded (optional)

## For vegetable broth:

- 2 carrots
- 2 stalks of celery
- 1 medium yellow onion
- 2 cloves of garlic
- 6 peppercorns
- 2 dried bay leaves
- Several sprigs of fresh parsley (optional)
- 2 dates or prunes (optional)

## Kitchen Equipment:

- Peeler
- Cutting board
- Knife
- Baking sheet
- Small bowl

## Preparation

1. Combine all ingredients for vegetable broth in a pot and cover with cold water by several inches. Bring to a boil and then simmer for at least 30 minutes.
2. Tear broccoli rabe or kale leaves into bite-size pieces and set aside. Chop the stems into about 1/4-inch pieces; set aside.

3. Heat 1/4 cup olive oil in a large pot over medium heat. Add garlic and onion, and season with salt and pepper. Cook, stirring occasionally, until lightly browned and sizzled at the edges, 4 to 6 minutes.
4. Add harissa (or tomato paste and a pinch of red-pepper flakes), and stir to coat in the oil. Cook until the harissa is a nice brick red color, the sugars start to caramelize and the oil turns a nice vibrant fiery orange color, about 2 minutes.
5. Add beans, and season with salt and pepper. Using a wooden spoon or spatula, crush a few beans to release their creamy interior.
6. Add the broth and reserved stems, and season with salt and pepper. Bring to a simmer and cook until you've reached your desired consistency (less time for a brothier soup, more time for a thicker stew), 15 to 20 minutes.
7. Add broccoli rabe or kale leaves and preserved lemon or lemon juice, and stir to wilt the greens. Season with salt, pepper and more red-pepper flakes if you want it spicier.
8. Serve with feta and parsley.

## **Butternut Squash Fries with Sumac and Pomegranate Yogurt Sauce**

**Serves 4 to 6**

### **Ingredients**

#### Yogurt sauce

- 1 cup plain Greek yogurt
- 1/4 cup pomegranate molasses
- 1/2 teaspoon sea salt
- 1 tablespoon pomegranate arils (optional)

#### Fries

- 1 large butternut squash (about 4 1/2 pounds)
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- 1 teaspoon fine sea salt
- 1/2 teaspoon red chile powder
- 1 teaspoon ground sumac

### **Kitchen Equipment:**

- 1 medium pot
- 1 large pot
- Knife
- Cutting board
- Large wooden or plastic spoon

**Make the yogurt sauce:**

Mix the yogurt, molasses and salt together in a small bowl. Taste and adjust the seasoning if necessary. Top with the pomegranate arils if using. Cover and chill until serving.

**Make the fries:**

Preheat the oven to 425 degrees.

Trim the ends of the squash and then peel it. Cut the squash across its length and remove the seeds using a spoon. Cut the meat into matchsticks, about 3 inches long and ½-inch wide.

Place the matchsticks in a large mixing bowl. Toss with olive oil, cumin, salt and red chile. Spread on a flat baking sheet and bake in the oven for about 20 minutes, rotating the pan halfway through baking, until they start to turn brown and crisp.

Season the fries with the sumac and salt, taste and adjust the seasoning if necessary. Transfer to a serving dish and serve with the chilled pomegranate molasses yogurt sauce on the side.

**Suggested Shopping Locations:**

You nearest late season farmers' markets!

Edgewater Produce – 5515 N. Clark St.

River Valley – 1820 W. Wilson

Village Farmstand – 810 Dempster St., Evanston

Middle East Bakery & Grocery – 1512 W. Foster