



Root Veggie Tomato Ragu

2 Tablespoon olive oil or as needed
1-1/2 cups chopped onion
1 cup sliced peeled carrots
1 peeled turnip, chopped
1 peeled parsnip, chopped
1 burdock root, washed, peeled, chopped
2 garlic cloves, minced
1/2 cup chopped celery with leaves
1 jalapeno pepper, with or without seeds*
1 (28 ounce) can peeled tomatoes, chopped*
2 medium golden potatoes, peeled, cut into chunks
1 large seeded yellow bell pepper, chopped
1 (0.5 oz) package dried black trumpet mushrooms
1 cup dry white wine
2 cups water
1/2 cup chopped dried basil leaves
1/2 teaspoon salt or to taste*
1/4 teaspoon ground black pepper or to taste
Garnish 1 small bunch parsley sprigs
Serve with: Plain Greek Yogurt

Place oil in hot large heavy Dutch Oven pot. Add onion; sauté to soften; add carrots, turnip, parsnip, burdock root, garlic, celery and hot pepper; lightly sauté about 3 to 4 minutes. Add canned chopped tomatoes with juice. Mix in potatoes, bell pepper, and black trumpet mushrooms to combine. Add white wine, water, basil leaves, and black pepper. Bring to a boil; reduce heat to medium low; cover; cook for 45 to 60 minutes or vegetables are tender. Stir occasionally during cooking. Season with sea salt and black pepper to taste.

Place in a serving bowl or smaller serving pot; garnish top with parsley sprigs. Serving Suggestion: Add dollop of plain yogurt and serve as vegetable stew or over your favorite grain if desired.

Serves: 8

Cook's Note: If you leave the seeds in the hot pepper, the stew is spicy peppered. I like to chop my tomatoes with a pair of scissors right in the can. Also, your canned tomatoes probably had added salt so taste the stew before adding more salt. A nice finish is a light sprinkle of flavored salt. You can also substitute your favorite veggies and use them in this recipe.

About the Recipe: Vegetable Ragout is a healthy, gluten-free dinner or main dish stew. It can be served over your favorite grain if desired.

What is Burdock Root? In Japanese cookery, burdock is an all-purpose vegetable that's added to stews, stir-fried, and pickled. With a pleasantly crunchy texture, burdock has a sweet flavor that's similar to lotus root, though its taste is distinctive enough to make it worth the trouble of seeking it out and preparing it. The texture of burdock is also unique: **meaty and crispy**, with a certain chew that's hardier than that of most root vegetables.

While burdock is not difficult to cook, it does require time to manage the thick layer of grit that clings to the surface. You can take off the dirt by intensive scrubbing, though doing so may still miss some of the dirt in the crevices. Instead of scrubbing, I like to peel away the skin after the root has been given a preliminary wash. Burdock also discolors easily, **so keep a bowl of ice water with a splash of vinegar on hand** so that all prepped and cut portions can be kept refreshed in the bowl.

<http://www.serious-eats.com/recipes/2010/05/seriously-asian-stir-fried-burdock-root-kinpira-pickled-burdock-recipe.html>