

# Vegetable and Bean Ragout for September

*Start with your vegetables - then add beans or other proteins for a complete meal.*

*Stove Top, Crock Pot and Microwave Methods listed - All are great for freezing, if cooled first, in large or single serving bags. All will reheat well for meals on the go.*

## Ingredients:

**vegetables:** 1 lg. onion, chopped large

2 cloves of garlic, sliced thin

3 cups cubed zucchini (or a mix of zucchini and eggplant\*)

2 peppers, chopped large

2 cups chopped tomatoes (can sub 1 can diced tomatoes)

2 cups chopped kale (or spinach, chard, cabbage)

**optional substitutions/additions:** sliced carrots, cut green beans, mushrooms,

**pantry items:** 2 cans of beans or 3-4 cups beans cooked from dry

1 tbsp. olive oil

1 1/2 tsp. paprika

1/2 tsp. oregano or thyme or Italian Seasoning

1/2 tsp. each salt, pepper

**optional seasonings:** enrich and thicken sauce with 1-2 tbsp tomato paste, spice with 1/2 tsp hot sauce, garnish with 2 tbsp parsley or basil and/or cheese

## Stove Top Method

### Directions

1. Dice onion, garlic, and vegetables
2. Heat pot with olive oil, saute onion for 2 min, add garlic and saute for 1 min.
3. Add the remaining ingredients (hold off on kale), simmer on med-low for 15 minutes, stirring occasionally.
4. Once seasoned and cooked to your liking (try a taste!) then add kale and simmer for 5 more minutes.

*tips:*

1. if your mix looks too dry at the point of adding the kale, add ½ cup of water or broth
2. If using eggplant, keep it firm by sprinkling salt over the eggplant cubes in a large colander. Let stand 1 hour, rinse and pat dry with paper towels, then add to other vegetables.

## Crock Pot Method

### Directions

1. Dice onion, garlic, and vegetables
2. Add all ingredients to crock **except for kale or other greens** and stir to coat with oil and seasonings
3. Cover and cook on HIGH for 4 hours or MEDIUM for 8 hours
4. Add kale 30 min before done
  - a. or add cooked kale when serving by microwaving washed and chopped kale in a bowl with 1 tbsp water, covered with a paper towel for 1-2 minutes, then draining and adding to ragout OR steaming kale in a pot with ¼ cup water for 6 minutes then draining and adding

### *tips:*

1. It adds flavor when you saute the onions and garlic in olive oil before adding to the crock, but when no stove is available, its ok to just throw them in.
2. **Oven Method:** Follow these directions, but add ingredients into closed oven proof container and cook at 275 for 2-3 hrs. Keep an eye on moisture, if the lid is not fully sealed you may have to stir in ½ cup water or broth

## Microwave Method

### Directions

1. Mix together all ingredients to coat vegetables with oil and spices.
2. Cook, covered, on high 3 minutes at a time, stirring then cooking again, up to 10-13 minutes when tender

### *tips:*

1. prepare pieces about the same size (a little longer or thicker than an inch) and arrange them evenly and close together on the plate or in the bowl
2. when covering, you must allow steam to escape so use a paper towel or if you use plastic wrap, make sure to puncture a few holes in the top.