

## Winter Vegetable Stew with Bulgur

2 T. olive oil  
1 medium onion, coarsely chopped  
2 celery stalks, coarsely chopped  
3 cloves garlic, chopped  
2 T. flour  
2 c. Imagine vegetable broth  
1/2 c. red wine  
10 oz. small boiling onions  
4 medium carrots, cubed  
4 new potatoes, cubed  
1 celery root, peeled and cubed  
3 parsnips, peeled and cubed  
1 small cauliflower, broken into florets  
1/4 lb. brussel sprouts, blanched for 1 minute  
1/4 lb. green beans, cut into 1" pieces  
1 can ShariAnn's white beans, drained  
1 15-oz. can Muir Glen fire roasted tomatoes  
1/2 t. each dried thyme, tarragon, sage  
1 bay leaf  
1 c. cooked bulgur  
3 T. Italian parsley, finely chopped  
sea salt and freshly ground pepper to taste

Heat oil in a large soup pot. Add in the onion and celery and sauté. Add garlic and cook 3 minutes more. Add the flour and cook until flour is a light brown, about 5 minutes. Pour in vegetable stock a little at a time, stirring constantly to avoid lumps. Add red wine and reduce for 10 minutes. Add all vegetables, beans, tomatoes and herbs. Bring to a boil and simmer until vegetables are tender, about 15 to 20 minutes. Meanwhile, in a small pot, cover 1/2 cup of dry bulgur with 1 cup of water. Add in the cooked bulgur. Simmer 5 minutes more. Add in the chopped parsley. Season with salt and pepper to taste. Serves 6 to 8.