

FLOUR + WATER[®]

Macaroni and Winter Vegetable Stew with cannellini beans + parmigiano reggiano

Ingredients:

8 oz. Flour + Water Macaroni (½ box)
3 tbsp. extra virgin olive oil, plus additional for garnishing
½ yellow onion, small diced
2 stalks celery, small diced
6 garlic cloves, chopped
1 tsp. garam masala
2 Tbsp. harissa paste
32 oz. vegetable broth
12 oz. crushed canned tomatoes
1 bunch tuscan kale
1 can (15.5 oz.) cannellini beans
1 delicata squash, medium diced and roasted*
2 oz. Parmigiano Reggiano, freshly grated
Fresh cracked black pepper

Directions:

Add olive oil to a large enamelware or cast iron crock and turn on over medium high heat. Add onions and celery and saute, stirring often. Add a large pinch of salt and continue cooking for about 5-6 minutes, or until the onions and celery are soft and slightly caramelized. Add garlic, garam masala and harissa paste and saute for an additional minute. Deglaze the pan with the vegetable stock. Add in crushed tomatoes and kale, and bring to a boil over high heat. Reduce heat to a bare simmer and cover. Continue cooking for 30 minutes, stirring occasionally.

To cook the pasta, bring 2 quarts of water to a boil in a 4 quart stock pot. Add 2 tablespoons of kosher salt to the water and make sure it remains at a constant boil over high heat. Drop the pasta into the salted water and stir to prevent the pasta from sticking to the bottom. Stir the pot often to ensure the individual noodles are constantly moving and cook evenly. When the pasta is just slightly undercooked (about 9 minutes), transfer directly to the stew base in the crock.

Add cannellini beans (along with their liquid) and roasted squash to the pot and simmer for an additional minute to heat through. Season with salt to taste.

To serve, divide between 6 serving bowls and garnish with a healthy drizzle of extra virgin olive oil, freshly grated Parmigiano Reggiano and cracked pepper.

**To roast the squash, toss the diced squash in a couple tablespoons of olive oil and season with salt. Spread on a lined baking sheet and roasted in a preheated oven at 450 degrees for 14-18 minutes. You'll know the squash is done when it has slightly caramelized edges and is soft to the touch, but still holds its shape.*