

SAUSAGE AND VEGETABLE STEW AND CRUSTY BREAD

By: Simply Creative Chef Rob Scott

Ingredients:

Yields 4 servings

3 tablespoons extra-virgin olive oil
1 large red onion, diced
4 cloves garlic, smashed
1 tablespoon paprika, plus more for garnish
Kosher salt
3 tablespoons all-purpose flour
6 ounces kielbasa, cut into small chunks
3 medium carrots, peeled and cut into large chunks
2 parsnips, peeled and cut into large chunks
14 ounces small red-skinned or new potatoes quartered (6-8)
1 tablespoon cider vinegar
Freshly ground pepper
½ cup fresh parsley, roughly chopped
¾ cup sour cream
Crusty bread, for serving

Directions:

- Heat the olive oil in a heavy pot over medium heat
- Add the onion and garlic – cook stirring occasionally, until soft and glistening, about 6 minutes
- Add the paprika and 1 teaspoon salt
- Cook until the oil turns deep red, about 1 minute
- Add the flour and cook until just toasted, 30 more seconds
- Immediately whisk in 4 cups water
- Add the kielbasa, carrots, parsnips, potatoes, and 1 ½ teaspoon salt
- Bring the soup to a boil. Then reduce to a simmer
- Cover and cook until the vegetables are tender, and the broth has thickened, about 20 minutes
- Add the vinegar and season with pepper
- Combine about half of the parsley with the sour cream in a small bowl and season with salt and pepper
- Ladle the stew into bowl
- Top with remaining parsley, a dollop of herbed sour cream and a sprinkle of paprika
- Serve with bread