

## Vegetarian Cassoulet



We recently had a delicious dinner at the Clarke Cooke House in Newport and I (Pete) had their special that night, cassoulet, which was made with duck confit, lamb and sausage. While it was an amazing dish, I wanted to try to replicate it with a vegetarian version. After checking out a few variations, I came up with a robust recipe that would serve 4 people, have some of the complex flavors of a traditional cassoulet with the meat. It is slow-cooked at a lower heat to help blend the flavors.

### INGREDIENTS:

- ½ cup olive oil
- 1 ¼ cup chopped sweet onion
- 1-2 tablespoons of chopped garlic
- 3 sliced mushrooms
- 1 ¼ cup sliced carrots
- ¾ cup chopped broccoli
- ¾ cup artichoke canned artichoke hearts
- 2 ½ cups of chopped kale
- 2 teaspoons thyme
- 1 tablespoon fresh oregano
- 1 cup canned tomatoes (we used our own canned ones for this recipe) plus extra juice
- ¼ cup sherry
- 1 ½ cups vegetable broth
- 1 can cannellini beans (we used Progresso) ,rinsed
- 1 cup panko crumbs
- Salt and pepper to taste

Preheat oven to 300 degrees

Heat most of the olive oil in a heavy pan and add the onions, cook until they start to brown, around 10 minutes.

Add the garlic and cook another minute. Then add the mushrooms, carrots and broccoli until they start to soften, another 5 minutes. Then add the kale until it is wilted, another 5 minutes. Add the artichokes, thyme, oregano, salt and pepper and stir briefly.

Add the tomatoes, juice, sherry and vegetable broth and scrape off any pieces on the bottom of the pots. Cook on medium for about 20 minutes to reduce the liquid. There should still be plenty of liquid so the dish will not be too dry.

Add the beans to the mixture and check to see if it is seasoned to your liking

I use a 9 x 13 heavy baking dish (I have a La Cruiset). I pour the mixture into the dish, cover with the panko and drizzle remaining oil over the top.

I bake the dish for about 75 minutes at 300, then cover it and cook for another 30. I then place it under the broiler briefly to brown the top.

I let it rest for 10-15 minutes and serve with a warm baguette.