

## Braised Autumn Vegetables

### *Ingredients:*

1 tbsp extra virgin olive oil  
1 small red onion, diced  
1 c winter squash, cut into ½ inch cubes  
1 c parsnip, cut into ½ inch cubes  
1 c carrot, cut into ½ inch cubes  
1 tsp sea salt  
¾ c tomato juice  
4 c vegetable stock  
2 cloves garlic  
2 tbsp honey  
½ tsp coriander  
¼ tsp cinnamon  
1 tsp cumin  
½ tsp fennel  
2 tsp fresh ginger, minced

### *Directions:*

Heat oil in a 2 quart skillet. Add chopped onion, squash, parsnip and carrot. Sauté for about 5 minutes. Add salt and continue cooking while adding the remaining ingredients to make up the braising sauce.

Cook on low heat, covered, until vegetables are fork-tender.