

Vegetables With Brandywine Tomato Sauce

Serves 2

Equipment Needed:

Saucepan with colander and lid for steaming
Saucepan for re-heating tomato sauce
Measuring cup and measuring spoons
Cutting board and knife
Spoon or spatula for mixing

To Make the Recipe:

1 recipe Brandywine Tomato Sauce
1/4 cup white onions, chopped
2 small or 1 large sweet potato, peeled and cut into small pieces
2 large black or green kale leaves
1/2 medium zucchini, cut in half and sliced
2 cups cauliflower, cut in small pieces
1/2 cup cooked black beans, rinsed
1 tsp fresh basil, chopped and 1 tsp dried
Sea salt and pepper to taste

Fresh, aged parmesan cheese or cheese alternative (optional)

Place the sweet potatoes and onion in a colander. Rest the colander in a saucepan that has two inches of water in the bottom. Place on the stove and bring water to a boil. Cover with a lid. Let the sweet potatoes and onions steam for 7 minutes. Add the kale and cauliflower and steam for another 4 minutes. Add the basil, if using dried. Add the zucchini and cook for 3 more minutes. While the vegetables are cooking either make the Brandywine Tomato Sauce or re-heat it, if it was made ahead of time. Add the black beans to the sauce, just to heat. Transfer the vegetables to a serving dish and top with the sauce. Season with sea salt, fresh basil (if using) and pepper. Top with cheese, if using. Serve