



Pumpkin Stuffed with Vegetable Stew



Vegetarian



Popular

READY IN



420 min.

SERVINGS



8

CALORIES



452 kcal

SIDE DISH

Ingredients

- ☐ 3 medium carrots peeled cut into 1-inch pieces
- ☐ 0.5 pound celery root peeled cut into 1-inch pieces (sometimes called celeriac;)
- ☐ 0.3 pound chanterelles fresh trimmed
- ☐ 0.5 pound cremini mushrooms fresh trimmed halved
- ☐ 1 fennel bulb with fronds
- ☐ 1 tablespoon flat-leaf parsley chopped
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 3 tablespoons olive oil red divided

- ☐ 2 medium parsnips cored peeled quartered cut into 1-inch pieces ()
- ☐ 8 lb pumpkin sweet (preferably cheese, pie, or Meat variety)
- ☐ 1 pound seitan cut into 1/2-inch pieces (seasoned wheat gluten)
- ☐ 1 pound shallots whole peeled chopped
- ☐ 1 teaspoon thyme leaves divided chopped
- ☐ 3 tablespoons butter unsalted
- ☐ 8 servings roasted-vegetable and wine sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ roasting pan
- ☐ spatula
- ☐ tongs
- ☐ broiler pan

Directions

- ☐ Preheat oven to 450°F with rack in middle. Chop enough fennel fronds to measure 1 tablespoon and reserve, then discard stalks and remaining fronds. Halve bulb lengthwise, then core and cut lengthwise into 1-inch wedges.
- ☐ Toss fennel wedges, parsnips, celery root, carrots, and whole shallots with 2 tablespoons oil, teaspoon salt, and 1/4 teaspoon pepper in a 17- by 12-inch shallow baking pan until coated, then roast, stirring occasionally, until lightly browned and almost tender, 30 to 40 minutes.
- ☐ Remove vegetables from oven. Leave oven on.
- ☐ Roast peppers on racks of gas burners over high heat, turning with tongs, until skins are blistered, 5 to 8 minutes.

- ☐ Transfer peppers to a bowl and let stand, covered, until cool enough to handle. Peel peppers and discard stems and seeds.
- ☐ Cut peppers lengthwise into 1-inch strips.
- ☐ Remove top of pumpkin by cutting a circle (6 inches in diameter) around stem with a small sharp knife. Scrape out and discard seeds and any loose fibers from inside pumpkin with a spoon (including top of pumpkin; do not discard top), then sprinkle flesh with 1/2 teaspoon salt and 1/8 teaspoon pepper. Put pumpkin in a large roasting pan.
- ☐ Pour 1 1/2 cups sauce into pumpkin and cover with top, then brush all over with remaining tablespoon oil. Roast 1 hour.
- ☐ While pumpkin roasts, heat butter in a 12-inch heavy skillet over medium-high heat until foam subsides, then sauté chopped shallots until softened.
- ☐ Add mushrooms and sauté until they are browned and begin to give off liquid, about 8 minutes.
- ☐ Add wheat gluten and 1/2 teaspoon thyme, then stir in 1 1/2 cups more sauce and bring to a simmer.
- ☐ Remove from heat and fold in roasted root vegetables and peppers, 1/4 teaspoon salt, and 1/8 teaspoon pepper.
- ☐ After pumpkin has roasted 1 hour, spoon vegetable filling into it, then cover with top. Roast until pumpkin is tender when pierced with a fork, vegetables are tender, and filling is hot, about 30 minutes more.
- ☐ Transfer pumpkin to a platter using 2 sturdy metal spatulas.
- ☐ Stir together fennel fronds, parsley, zest, and remaining 1/2 teaspoon thyme and sprinkle half of it over filling. Stir remainder into remaining sauce and serve sauce on the side.
- ☐ Cooks' notes
- ☐ · Bell peppers can be broiled on rack of a broiler pan about 2 inches from heat, turning occasionally, 6 to 8 minutes. · Peppers can be roasted and peeled up to 2 days ahead and chilled, covered. · Root vegetables can be roasted 1 day ahead and chilled, covered. Bring to room temperature before using. · Pumpkin can be cut, scraped, and seasoned 1 day ahead and chilled, covered.
- ☐ Pour out any accumulated liquid and bring pumpkin to room temperature before proceeding with recipe.

Nutrition Facts



 **PROTEIN 21.51%**  **FAT 13.9%**  **CARBS 64.59%**

Properties

Glycemic Index:50.6, Glycemic Load:27.22, Inflammation Score:-10, Nutrition Score:37.340869141662%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Apigenin: 1.77mg, Apigenin: 1.77mg, Apigenin: 1.77mg, Apigenin: 1.77mg Luteolin: 7.56mg, Luteolin: 7.56mg, Luteolin: 7.56mg, Luteolin: 7.56mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 451.78kcal (22.59%), Fat: 5.87g (9.04%), Saturated Fat: 3.03g (18.91%), Carbohydrates: 61.44g (20.48%), Net Carbohydrates: 51.88g (18.86%), Sugar: 23.51g (26.12%), Cholesterol: 11.29mg (3.76%), Sodium: 339.41mg (14.76%), Alcohol: 15.39g (100%), Alcohol %: 2.2% (100%), Protein: 20.46g (40.92%), Vitamin A: 42771.74IU (855.43%), Vitamin C: 64.76mg (78.5%), Potassium: 2514.61mg (71.85%), Manganese: 1.36mg (67.82%), Vitamin K: 55.91µg (53.25%), Copper: 0.93mg (46.39%), Vitamin B2: 0.78mg (45.84%), Vitamin E: 6.01mg (40.1%), Phosphorus: 390.78mg (39.08%), Iron: 6.98mg (38.76%), Fiber: 9.57g (38.26%), Vitamin B6: 0.73mg (36.42%), Folate: 143.83µg (35.96%), Vitamin B3: 5.67mg (28.33%), Magnesium: 112.83mg (28.21%), Vitamin B5: 2.63mg (26.31%), Vitamin B1: 0.37mg (24.47%), Calcium: 186.7mg (18.67%), Zinc: 2.74mg (18.28%), Selenium: 11.2µg (16%), Vitamin D: 0.86µg (5.72%)