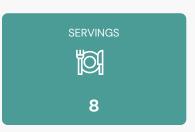


Pumpkin Stuffed with Vegetable Stew

🏷 Vegetarian 💝 Popular



3 tablespoons olive oil red divided





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

	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 11/2 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

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, Apigenin: 1.77mg Luteolin: 7.56mg, Luteolin: 7.56mg, Luteolin: 7.56mg, Luteolin: 7.56mg, Luteolin: 7.56mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, 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%)