**Winter-Vegetable Stew with Sunchokes**

**Ingredients**

* 2 tablespoons olive oil
* 2 cups chopped onion
* ¼ teaspoon dried thyme
* 6 garlic cloves, minced
* 2 bay leaves
* 2 cups (2-inch-thick) sliced carrot
* 1 cup (2-inch-thick) sliced celery
* ½ teaspoon salt
* ¼ teaspoon black pepper
* ⅛ teaspoon ground nutmeg
* 2 cups Jerusalem artichokes (sunchokes), cut into 1/2-inch-thick pieces
* 4 peeled red potatoes, quartered (about 1 pound)
* 1 cup dry red wine
* 1 tablespoon all-purpose flour
* 1 tablespoon tomato paste
* 1 cup water
* Chopped fresh parsley (optional)

**Directions**

* Heat olive oil in a pot over medium heat. Add onion, thyme, garlic, and bay leaves, and cook 12 minutes or until onion begins to brown.
* Add carrot and next 6 ingredients (carrot through potatoes) and cook 5 minutes. Add wine and bring to a boil. Reduce heat; simmer until wine is reduced to 1/2 cup (about 5 minutes).
* Stir in flour and tomato paste with a whisk; cover and cook 2 minutes. Stir in water; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until carrot is tender. Garnish with chopped parsley, if desired.