

Portobello Mushroom Stew



My husband, Peter, who is a great cook, has been cooking more vegan recipes over the past year (for me). Recently, I have been enlisting his help on the blog and website. He recently developed a super delicious meatless stew adapted from a recipe I had found on forks over knives. I love their recipes but sometimes find them a little bland; also, we use oil in our recipes, and they tend to substitute broth which I do not always like. I think you will really like this nurturing comfort food, perfect for a winter night and which will satisfy non vegetarians as well! Serve with salad and delicious crusty bread!

Ingredients

- 2 Tablespoon Olive Oil
- 2 Cups chopped onion
- 1 ½ Cups chopped carrots
- 3 Cups chopped portobello mushroom pieces (about 4 inches-2 large caps)
- 5 Cups vegetable broth
- 3-4 garlic cloves crushed
- 3 Cups chopped potatoes (peeled unless using red potatoes) – about an inch
- 3 Tablespoons tomato paste
- 1 Tablespoon each dried basil, parsley, and oregano
- 2 teaspoons dried thyme
- 2 teaspoons fresh rosemary chopped if available, otherwise use dried
- 2 Tablespoons paprika
- 1 ½ cups frozen peas
- ½ cup chopped parsley
- Salt and pepper to taste

In a Dutch oven cook onions, carrots, and celery in olive oil over medium heat about 5 minutes till onions are softened. Add in mushrooms and garlic and a small amount of broth if necessary to prevent sticking.

Add potatoes, tomato paste, dried basil, oregano, parsley, thyme and paprika and the remaining broth. Bring to a boil and then reduce heat to medium low. Stir in rosemary. Cook, covered about 15 minutes, stirring occasionally.

Add peas, cook covered on low about 5 more minutes until carrots and potatoes are tender, not mushy.

Transfer 2 cups of the mixture to a blender and puree till smooth. Add back to Dutch oven, stir in fresh parsley, and serve. We found this recipe tastes possibly even better if made ahead of time. Let it sit and then reheat before adding fresh parsley to serve.

Adapted from and inspired by forksoverknives.com