

Hearty Mushroom Stew by Ashley Madden

This is a hearty, flavorful stew that's warming and super filling. Here we use split red lentils to thicken the stew but they also make this recipe a nutritional powerhouse providing gut-healthy fiber, protein, and iron.

Time: 50 minutes (plus rest time)

Makes 4 to 6 servings

INGREDIENTS

2 teaspoons dried thyme
2 teaspoons dried rosemary
¼ teaspoon ground sage
Pinch red pepper flakes or to your preference
Pinch black pepper or to taste
3 tablespoons (12 g) nutritional yeast
1 yellow onion, diced
1 medium carrot, diced
1 celery stalk, diced
5 garlic cloves, minced
16 ounces (454 g) button mushrooms, quartered
2 tablespoons (30 ml) tomato paste
2 tablespoons whole wheat or spelt flour (brown rice flour for gluten free)
2 tablespoons (30 ml) tamari or soy sauce
1 tablespoon (15 ml) red wine vinegar or balsamic vinegar
1 medium sweet potato, peel on or off, chopped into ¾ inch (2 cm) cubes
1 cup (190 g) split red lentils
1 (15 ounce/425 g) can tomato sauce or passata
4 ½ cups (1 L) low-sodium vegetable broth, plus more if needed
1 bay leaf
Sea salt to taste
Optional: 2 cups (50 g) baby spinach, chopped kale leaves, or swiss chard leaves

HOW-TO

In a small bowl mix together the spices (thyme through red pepper flakes), black pepper, and nutritional yeast. Set aside.

In a large soup pot, sauté the onion, carrots, and celery with ¼ cup (60 ml) of water for 10 minutes. Stirring often and adding water as needed to prevent burning.

Now add the garlic, mushrooms, spice and nutritional yeast mix, and tomato paste. Stir and sauté for another 5 minutes until the mushrooms brown and shrink. Resist adding more than a couple of tablespoons of water here as the mushrooms will release their own juices. Now add the flour and mix to coat all veggies, scraping the bottom of the pot.

Pour in the tamari or soy sauce and vinegar and stir to combine, again scraping any stuck-on bits off the bottom of the pot.

Add the sweet potato, red lentils, tomato sauce, vegetable broth, and bay leaf and bring to a boil. Once boiling, reduce to a simmer and simmer, partially covered, for 30 minutes until the lentils are completely cooked and the stew has thickened. Stir often. If you like a looser stew, you can add more vegetable broth as needed. Remove the bay leaf and stir in your greens of choice and cook for another minute or until wilted.

Turn the heat off and let the stew rest for a 5 to 10 minutes.

Taste and season with sea salt and black pepper if needed. Serve and enjoy!

NOTES

- This stew will thicken once cooled. When reheating, feel free to stir in a little extra vegetable broth or water.
- You can use white potatoes instead of sweet potatoes. Peel or leave the peel on and dice into ½ inch cubes.



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