

Hearty Vegetable Stew

**oil free, gluten free, WFPB*

****See NOTES below to easily make this a Hearty Chicken Stew.**

PREP TIME: 15 minutes
COOK TIME: 40 minutes
TOTAL TIME: 55 minutes
SERVES: 4-6

INGREDIENTS

1 yellow onion, diced
3 carrots, diced
2 celery stalks, diced
2 cloves garlic
½ teaspoon dried rosemary
½ teaspoon dried thyme
¼ teaspoon dried sage
½ teaspoon pepper
3 tablespoons tomato paste
2 tablespoons tamari (or low sodium soy sauce)
2 tablespoons cornstarch (or flour, chickpea flour, arrowroot powder or other thickener of choice)
½ cup vegetable broth (or red or white wine)
4 cups potato, diced
4 cups vegetable broth
2 bay leaves
1 cup frozen peas
1 cup frozen green beans (optional)

INSTRUCTIONS

1. To a large pot over medium heat, add onions, carrots and celery and a splash of water or vegetable broth. Cook 4-5 minutes or until onions are semi-translucent, stirring as needed.
2. Add the garlic, rosemary, thyme, sage, pepper, tomato paste and tamari, and stir to incorporate. Cook for 2-3 minutes, until herbs are fragrant.
3. Add ½ cup broth (or wine) and stir.
4. Add the potatoes, remaining 4 cups of vegetable broth and bay leaves. Bring to a boil.
5. In a jar or small bowl, combine cornstarch and 1/2 cup of water, mix well to create a slurry.
6. Add slurry to stew and stir to incorporate. Return to a boil.
5. Reduce heat and simmer 30 minutes, stirring occasionally, until the potatoes are tender.
6. Add peas (and green beans if using). Cook an additional 10 minutes.
8. Remove bay leaves and serve.

NOTES

- Stew will thicken more as it cools.
- To easily make this a Chicken Stew, just add browned, diced chicken thighs in step 4. Or, simply add to individual portions at the end (this is what I do for my husband).
- To make this recipe come together even quicker, buy pre-chopped or frozen veggies and boxed or canned vegetable broth.

