



**GENESIS**  
-HEALTH REVOLUTION-

# ← *Recipe Card* →

## McDougall Beefless Stew

### INGREDIENTS:

- 1 1/2 Large yellow or white onions, chopped into 3/4-inch pieces
- 3 Medium Carrots, sliced lengthwise and cut into 3/4-inch pieces
- 3 Stalks Celery, cut into 3/4-inch pieces
- 2 Portabella mushrooms, cut into 3/4-inch pieces
- 2 Pounds White potatoes, peeled and cut into 3/4-inch chunks
- 1/3 Cup Tomato paste (half of a 6-ounce can)
- 1 1/2 Tbsp Finely chopped garlic
- 1 Tbsp Dried Italian herb seasoning
- 2 Tsp Finely chopped fresh rosemary.
- 1 1/2 Cups Cooked peas (if frozen)
- 1 Tbsp Paprika.
- 5 Cups Water

Option 1/4 cup lite Coconut milk -or- Unsweetened Almond milk

### DIRECTIONS:

- Heat 1 tablespoon of water in a soup pot over medium-high heat. When the water starts to sputter, add the onions, carrots, and celery, and cook, stirring frequently, for about 8 minutes, adding water, as needed.
- Stir in the mushrooms and garlic, and continue to cook while stirring for 5 minutes more, adding water as needed.
- Add the water, potatoes, tomato paste, Italian seasoning, and paprika, and bring to a boil, uncovered. Reduce the heat to medium-low and add in the rosemary. Cover and cook for 25 to 30 minutes, stirring occasionally, or until the carrots and potatoes are very tender.
- Add the peas and cook for 5 minutes more.
- Place 2 cups of the stew (broth and vegetables) into a blender, and blend just briefly. Stir the mixture back into the pot to thicken the stew.

\*Serve over a baked potato, with a side salad, or with sourdough bread.



**GLUTEN-FREE**

