



Makes 10 cups
Preparation Time: 40 minutes
Cook Time: 20 minutes

INGREDIENTS:

1½ large yellow or white onions,
chopped into ¾-inch pieces
(about 3 cups)

3 medium carrots, sliced
lengthwise and cut into ¾-inch
pieces (about 2¾ cups)

3 ribs celery, cut into ¾-inch
pieces (about 1 cup)

2 medium portobello
mushrooms, cut into ¾-inch
pieces (about 4 cups)

6 cloves garlic, minced

2 lb. white potatoes, peeled and
cut into ¾-inch chunks (about 6
cups)

⅓ cup no-salt-added tomato
paste

1 tablespoon dried Italian
seasoning

1 tablespoon paprika

2 teaspoons finely chopped fresh
rosemary

1½ cups thawed frozen peas

½ cup chopped fresh parsley

Best-Ever Beefless Stew

Tuck into this cozy meal whenever you're in need of a little TLC. Portobello **mushrooms** add rich flavor and meaty texture to this chunky classic-style stew, while a medley of fresh veggies soaks up the herbaceous broth. Fresh rosemary and parsley deliver a beautiful depth of flavor that develops over time, so don't be afraid to freeze your **leftovers** for a rainy day! And be sure to check out our full collection of **vegan stew recipes** [here](#).

Tip: Fresh rosemary is wonderful in this stew, but if you only have dried, use ½ teaspoon.

From straightupfood.com

By Cathy Fisher

- 1 In a Dutch oven or soup pot, cook onions, carrots, and celery with 1 tablespoon water over medium-high heat for 8 minutes, stirring frequently and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Stir in mushrooms and garlic; cook 5 minutes more, stirring frequently and adding water as needed.
- 2 Stir in potatoes, tomato paste, Italian seasoning, and paprika. Add 5 cups of water. Bring to boiling; reduce heat to medium-low. Stir in rosemary. Cook, covered, 15 minutes, stirring occasionally. Stir in peas; cook, covered, 5 minutes more or until carrots and potatoes are tender.
- 3 Transfer 2 cups of the mixture to a blender. Cover and blend until smooth. Return to soup pot. Stir in parsley.