



Serves 6 to 8
Cook Time: 55 minutes

INGREDIENTS:

2 leeks (white part only), halved lengthwise and thinly sliced

2 garlic cloves, minced

1 carrot, chopped

1 celery rib, chopped

4 portobello mushrooms, sliced into ½-inch wide strips

1 tablespoon liquid aminos

1 tablespoon chopped fresh rosemary

1 tablespoon chopped fresh thyme

1 tablespoon chopped fresh sage

1 teaspoon fennel seeds

3 cups cooked great Northern beans or two 15-ounce cans, rinsed and drained

4 cups low-sodium vegetable broth (chicken-flavored vegetable broth is best here; see tip)

1 cup water

1 teaspoon white miso

1 teaspoon liquid smoke

Salt and black pepper to taste

3 cups roughly chopped kale

Crusty French bread

White Bean & Portobello Stew

Cold, rainy weather. Fire in the fireplace. Fuzzy slippers covering your toes. Blanket wrapped around your shoulders. This thick, hearty stew. Crusty French baguette. Enough said.

Recipe adapted from *But I Could Never Go Vegan!*

But I Could Never Go Vegan!: 125 Recipes That Prove You Can Live Without Cheese, It's Not All Rabbit Food, and Your Friends Will Still Come Over for Dinner by Kristy Turner, 2014. Reprinted and adapted by permission of the publisher, The Experiment. Available wherever books are sold.

By Kristy Turner

- 1 Place leeks and garlic in a large pot over medium heat. Sauté for 2 to 3 minutes, until fragrant. While sautéing, add 1 to 2 tablespoons of water at a time to keep vegetables from sticking. Add the carrot and celery and sauté for another 2 to 3 minutes. Add the mushrooms, liquid aminos, rosemary, thyme, sage, and fennel seeds. Sauté for 3 to 4 minutes.
- 2 Add the beans, broth, water, and miso. Bring to a boil, then reduce the heat and cover, leaving the lid open a crack. Simmer for 25 to 30 minutes.
- 3 When some of the liquid has reduced and the vegetables are tender, add the liquid smoke, salt, and black pepper. Fold in the kale and cook just until the kale begins to wilt, then remove from the heat.
- 4 Serve warm, with bread, if desired. Leftovers can be chilled in an airtight container up to 5 days.

Note: You can purchase vegan broths that are chicken or beef flavored. They do not contain animal products, but they are seasoned to taste like their non-vegan counterparts.