



Makes 10 cups
Cook Time: 1 hours

INGREDIENTS:

1 onion, cut into ¼-inch dice

1 rutabaga, peeled and cut into ½-inch dice

2 parsnips, peeled and cut into ½-inch dice

1 carrot, peeled and cut into ½-inch dice

5 ounces mushrooms, cut into ½-inch dice

1 tablespoon minced garlic

1 tablespoon dried oregano

4 cups vegetable broth

2 (15-ounce) cans kidney beans, rinsed and drained

1 (15-ounce) can cannellini beans, rinsed and drained

2 tomatoes, cut into ½-inch dice

¼ cup tomato paste

2 chipotle chilies (whole pods)

1 tablespoon nutritional yeast

¼ teaspoon cinnamon

¼ cup lemon juice

sea salt

ground black pepper

2 tablespoons parsley, finely chopped, divided

Mixed Beans and Root Vegetable Stew

This is almost a chili—except that there are more root vegetables than beans. If you want to make it into a chili, just cut down on the vegetables and up the beans. Serve as is or with cooked grains, tortilla chips, or baked potatoes.

By Darshana Thacker Wendel

- 1 Place the onion, rutabaga, parsnips, carrot, mushrooms, garlic, and oregano into a stockpot. Add ¼ cup of water and cook over medium heat for 10 minutes, stirring occasionally, until the onions are translucent. Add 1 to 2 tablespoons of water, if needed, to prevent the vegetables from sticking to the pot.
- 2 Add the broth, beans, tomatoes, tomato paste, chili pods, nutritional yeast, and cinnamon. Bring to a boil, reduce heat to medium, cover and simmer until the vegetables are well cooked, about 20 minutes.
- 3 Add the lemon juice, salt, pepper, and half of the parsley. Taste and adjust seasoning. Cook for another 5 to 10 minutes until the stew is creamy.
- 4 Remove the chili pods before serving. Garnish with remaining parsley and serve hot.