



Makes 10 to 12 cups
Cook Time: 1 hours 20 minutes

INGREDIENTS:

1 small potato, cut into ½-inch dice (about 1½ cups)

1 medium onion, cut into ½-inch dice (2 cups)

1 cup mushrooms, cut into ½-inch dice

1 medium carrot, peeled and cut into ½-inch dice (½ cup)

1 stalk celery, cut into ½-inch dice

2 tablespoons fresh garlic, minced

1½ cups dry lima beans or other large, white beans such as gigantes*

1 star anise

¼ teaspoon ground nutmeg

¼ teaspoon ground allspice

¼ teaspoon ground cinnamon

⅛ teaspoon ground black pepper

1 (28-ounce) can diced tomatoes with their juice

2 tablespoons lemon juice

1 tablespoon tomato paste

1 tablespoon finely chopped fresh parsley

Sea salt

Autumn Lima Bean Stew

Creamy, tender, cooked-from-scratch lima beans are a real treat in this chunky vegan stew. Bursting with fall spices and rich tomato flavors, this dish is worthy of a **vegan Thanksgiving spread** but delicious anytime you're craving a big bowl of warm, comforting goodness.

*NOTE: If you'd rather use canned beans, you will need three 15-ounce cans, rinsed and drained, and 4 cups of water. Skip Step 2, and add the beans in Step 3.

By Darshana Thacker Wendel

- 1 In a sauté pan, combine the potato, onion, mushrooms, carrot, celery, garlic, star anise, nutmeg, allspice, cinnamon, pepper, and ¼ cup water; sauté for 10 minutes over medium heat, stirring occasionally until the onions are translucent. Add water 1 to 2 tablespoons at a time if needed to prevent vegetables from sticking to the pan.
- 2 Add the beans and 7 cups water, and bring the liquid to a boil. Reduce to a simmer, cover pan, and cook for 60 minutes or until beans are tender. Stir occasionally.
- 3 Remove and discard the star anise. Add the tomatoes, lemon juice, tomato paste, and parsley. Season with salt and pepper. Taste and adjust seasoning. Cook for 5 to 7 minutes to bring to a boil and merge the flavors.