

Marie's Irish Stew

Hearty and delicious. Great on a cold winter day, or anytime. Easy to make and versatile. If you don't have all the ingredients listed feel free to substitute or eliminate. This soup is so easy going.



Categories

Gluten-free

Yields: 6 servings

Preparation time: 7 mins

Cooking time: 15 mins

Category: Soups

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked

Ingredients

Vegetable stock	1 x 1 cup
Water	2 cup
Onion, white, yellow or red, raw	1 medium - 2 1/2" diameter
Red bell peppers, cooked	1 medium - 2 1/2" diameter x 2 3/4"
Celery, cooked	2 medium - stalk - 7 1/2" to 8" long
Carrots, cooked from fresh	1 large - 7 1/4" to 8 1/2" long
Zucchini, cooked from fresh	1 large
Potato, boiled, without skin	3 medium - 2 1/4" to 3 1/4" diameter
Cabbage, red, cooked	1 cup
Ginger root, raw	1 slice - 1" diameter
mint	4 item
Crushed red pepper	1 x 0.25 tsp
Turmeric, ground	1 teaspoon
Basil, ground	0.5 teaspoon
Coriander leaf, dried	0.5 teaspoon
Salt, sea salt	1 dash

Instructions

1. Chop fresh onions, red pepper, celery, carrots, zucchini, potatoes and cabbage to desired sizes. This recipe is forgiving so feel free to add a little more or less of the vegetables. Or get creative and add other veggies such as kale, turnip or squash.
2. In a large pot add about 1/2 cup of water and sauté onions, pepper and celery over medium heat until just starting to get soft.
3. Add one to two cups of vegetable broth (or substitute with water) and stir. Add about 1 inch freshly grated ginger, 4 sprigs fresh mint (or a dash ground mint), 1/2 tsp basil and 1/2 tsp dried coriander, 1 tsp turmeric and a dash of salt.

Continue to cook over med-low heat stirring constantly for about 3 minutes. Add chopped carrots, zucchini, potatoes and cabbage. Stir to combine. Add 2 cups of water or just enough water to almost cover vegetables. Stir.

4. Keep heat at medium low and cover. Cook for about 15 - 20 minutes or until vegetables are tender.

5. Top with fresh parsley or dried dulse or both.