

Mushroom Stew

Mushroom Stew

Categories

Gluten-free

Yields: 4 servings

Preparation time: 10 mins

Cooking time: 15 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Olive oil	1 tablespoon
Onion, white, yellow or red, cooked	1 medium - 2 1/2" diameter
Carrots, cooked from fresh	2 medium - 6" to 7" long
Garlic, cooked	2 clove
Arrowroot flour	1 tablespoon
Tomato, cooked from fresh	3 medium
Mushrooms, cooked from fresh	4 cup
Organic simply stock vegetable	375 milliliter
Tamari sauce	1 tablespoon
Oregano, dried	1 teaspoon
Thyme, ground	0.25 teaspoon

Instructions

1. Heat oil in large soup pan. When oil is hot add diced onion and cook until translucent. Add minced garlic and cook for another minute.
2. Add fresh diced carrots and cook for 2 - 3 minutes. Add arrowroot flour and mix well to coat onions and garlic.
3. Add fresh diced tomatoes and sliced mushrooms. Cook for 2 -3 minutes.
4. Add vegetable stock, tamari, oregano and thyme. Simmer for 5 - 10 minutes or until carrots are softened.
5. Taste and season with salt and pepper as needed. Serve hot.

Can be served over mashed potatoes, quinoa or rice.