



BEEFLESS STEW

INGREDIENTS

3 cups onions, small dice
2 ¼ cups carrots, small dice
1 cup celery, small dice
4 cups portobellos, cubed
6 cloves garlic, minced
6 cups potatoes, ½-inch dice
⅓ cup no-salt-added tomato paste
1 tbsp Italian seasoning
1 tbsp paprika
2 tsp chopped rosemary
1 ½ cups frozen peas
½ cup chopped fresh parsley

DIRECTIONS

1. In a Dutch oven cook onions, carrots, and celery with 1 tablespoon water over medium-high 8 minutes, stirring frequently and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking.
2. Stir in mushrooms and garlic. Cook 5 minutes more, stirring frequently and adding water as needed.
3. Stir in potatoes, tomato paste, Italian seasoning, and paprika.
4. Add 5 cups of water. Bring to boiling; reduce heat to medium-low. Stir in rosemary.
5. Cook, covered, 15 minutes, stirring occasionally. Stir in peas; cook, covered, 5 minutes more or until carrots and potatoes are tender.
6. Transfer 2 cups of the mixture to a blender. Cover and blend until smooth. Return to Dutch oven. Stir in parsley.

