



CELEBRATE COMFORT FOOD!

VEGAN BEEF STEW

ADAPTED FROM *7 Shades of Vegan website*

- 1 lb. seitan, cut into bite sized chunks OR use Gardein Beefless Tips
- 2 Tbs. olive oil
- 3/4 cup flour

Put the flour into a bag, dump in the seitan chunks and give it all a good shake.

In a deep pot, bring the olive oil to frying temperature.

Brown the seitan until it resembles beef that's been lightly fried.

Add to the pot:

- 4 large carrots, cut into 3/4" pieces
- 4 large potatoes, cut into 3/4" pieces
- 1 large onion, sliced thin so it will nearly disintegrate into the gravy this recipe automatically produces
- 2 small bay leaves or 1 large one
- 1 garlic clove, minced

In a large measuring cup place:

- 1 1/2 cups of hot broth, vegetable or no-beef broth
- 1 tsp. vegan Worcestershire sauce
- 2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. paprika
- 1 tsp. sugar
- Big pinch of cloves (essential for this stew's extraordinary taste)
- 1 TBS. apple cider vinegar
- 1/2 cup of hearty red wine
- Frozen peas (add last)

Add to pot. Bring to boil then simmer until vegetables are tender. Add peas near the end of cooking.

