

White Bean & Tempeh Pot Pie Stew

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Makes 2–4 servings | Ready in 30 minutes | Stores 1 week in fridge

INGREDIENTS

1 yellow onion, finely diced (6 oz)
5 crimini mushrooms diced (4 oz)
2 carrots, finely diced (4 oz)
3 celery stalks, finely diced (4 oz)
3 large garlic cloves, minced
3 cups low-sodium vegetable OR vegan chicken broth, divided
1 cup unsweetened, non-dairy milk OR water
1½ cups cooked white beans (15oz can, drained), divided
½ cup cashews (2 oz)
1½ tablespoon stoneground mustard, no salt added
1½ tablespoon poultry seasoning (optional)*
½ tablespoon dried thyme (OR 1½ tablespoons minced fresh thyme)
1 teaspoon white/yellow miso (optional)*
¾ teaspoon finely ground black pepper
large pinch of turmeric
8 oz tempeh, thinly sliced
1 cup frozen peas, thawed (5 oz)
¼ cup chopped fresh parsley
freshly ground pepper to taste

ACTION STEPS

1. Add the onion, mushrooms, carrots, and celery to a medium pot over medium heat. Cover and dry-sauté for a couple minutes and then add the minced garlic. Sauté for a few more minutes, stirring occasionally to prevent burning.
2. Add the tempeh and 2 cups vegan chicken broth to the pot. Cover and bring to a simmer.
3. As the tempeh cooks, fill the blender with the non-dairy milk, just ½ cup of the white beans, cashews, mustard, poultry seasoning, thyme, miso, fine black pepper, and turmeric. Blend until creamy and stir it into the soup pot. Add the remaining broth to the blender. Quickly blend to work in the cream left on the sides of the blender and stir it into the soup pot.

Recipe and photos online here >> <https://plantzst.com/white-bean-tempeh-pot-pie-soup/>

4. Turn the heat to low and continue cooking for 10 minutes to let the stew thicken and the flavors blend.
5. Add the remaining white beans and green peas to the pot. Simmer for 5 more minutes. Serve promptly, topping with parsley and freshly ground black pepper.

CHEF'S NOTE

If you'd like to make this a very low-fat recipe, you can leave out the cashews or substitute them with additional white beans. You can also use water in place of the non-dairy milk to reduce the calorie density.

If using a vegan chicken broth, reduce the poultry seasoning by half or just leave it out. You can also leave out the miso, which was added to give more depth and umami when the base is made with vegetable broth.