

Plant-Strong Irish Stew

By Katie Mae, *PlantzSt.com*

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

INGREDIENTS

1 onion, chopped
3 stalks celery, thinly sliced
6 cups low-sodium mushroom or vegetable broth
2 lb Yukon Gold potatoes, quartered
4 carrots, roughly chopped
12 oz tempeh, chopped in 1-inch pieces
2 tablespoons tomato paste, no salt added
2 teaspoons dried thyme
2 cups chopped cabbage leaves
¼ cup red wine vinegar
½ teaspoon salt-free seasoning, or more to taste (i.e. Benson's Table Tasty)
½ teaspoon black pepper, or more to taste
½ bunch fresh parsley, finely chopped
½ bunch chives, finely chopped

ACTION STEPS

In a large soup pot over medium heat, add the onion and celery. Dry-sauté until the onion starts to turn translucent.

Add the broth, potatoes, tempeh, carrots, tomato paste, and dried thyme. Bring to a boil, and then reduce the heat to low-medium. Simmer for about 20 minutes.

After 10 minutes, add the cabbage, red wine vinegar, salt-free seasoning, and black pepper. Continue to cook until the potatoes and cabbage are tender.

Serve promptly and garnish with fresh parsley and chives.

CHEF'S NOTE

You can increase the nutrient-density of this stew by replacing a couple of the Yukon gold potatoes with more carrot, cabbage and/or other vegetables of your choosing.

Recipe and photos online here >> <https://plantzst.com/traditional-irish-stew-for-vegans/>