

A Vegan Root Vegetable Stew

Preparation Time: 20 minutes

Baking Time: 1 hour, 350 degrees

Serves 4-6

This is a versatile, colorful, hearty and satisfying vegetable stew that can be made with any seasonal root vegetables. It can be served with a side of brown or basmati rice or millet.

Preheat oven to 350 degrees. You will need a 3 quart covered casserole dish.

Ingredients:

1 large leek
2 carrots
2 potatoes, yukon gold or red
½ bunch kale
1 large turnip
1 large yellow beet
2 parsnips
½ butternut or 1 delicata squash
3 cloves garlic
¼ teaspoon grated ginger (optional)
5 tablespoons miso (I prefer the light chickpea miso)
3 tablespoons tahini (sesame paste)
2 teaspoons shoyu (soy sauce)
12 ounces seitan (wheat meat) or tofu
1 cup boiled water

Preparation:

1. Wash, scrub and scrape (if necessary) all the vegetables. Scrape the vegetables that are particularly dirty or have skins that are too thick to eat. (You can eat the skin on the butternut and delicata squashes).
2. Cut off the root of the leek. Cut leek lengthwise and soak it in water to remove any dirt. Shake off water and slice thinly. The whole leek can be used except for the greenest end of the leaves, which can be too tough. Put in bottom of casserole dish.
3. Slice squash lengthwise. Remove seeds. Cut butternut squash into chunks. If using delicata, slice in ¼" half rounds. Place in casserole dish.
4. Cut up the carrots, potatoes, kale, turnip, beet, and parsnips into bite size pieces. Layer them in the casserole dish.

5. Cut up seitan or tofu into chunks. Mix it in with the vegetables.

Sauce:

1. Boil 1 cup of water.
2. Peel, chop or mince garlic. Wash, peel, and grate ginger.
3. Place miso in a small mixing bowl. Add $\frac{1}{2}$ cup water and mix with a fork to a paste consistency.
4. Add tahini, $\frac{1}{4}$ cup water, and mix well.
5. Add ginger, garlic and shoyu.
6. Add remaining $\frac{1}{4}$ cup water and mix sauce to a thin consistency.
7. Pour the sauce over the vegetables, and lightly toss.

Cover the casserole dish and bake for 1 hour. Enjoy!

Original recipe by:
Susan Kaner Raskin
MS, Clinical Nutrition
srk.raskin@gmail.com
www.food-bliss.com
(718) 768-6994