



# SPOTLIGHT RECIPE

## VEGETARIAN IRISH STEW

- In a large, lightly oiled pot, steam-fry (that means cook them in a bit of water) the onions until they begin to soften. Add the flour and stir around completely.
- Add the remaining ingredients, mix well and bring to a boil. Cover and simmer on low for 30 minutes or until the vegetables are done. Taste and season.

## Ingredients

Servings: 6

- 2 medium onions
- 1/4 cup unbleached flour
- 4 cups water
- 2 cups mushrooms, sliced thickly
- 1 cup carrots, sliced round, or 1 cup parsnip, sliced
- 1 cup turnips, large dice, or 1 cup rutabaga
- 1 cup celery, diced
- 1/2 cup split red lentils
- 1/2 cup fresh parsley
- 1/4 cup Bragg Liquid Aminos or 1/4 cup soy sauce
- 3 vegetable bouillon cubes
- 1 bay leaf
- 2 teaspoons Marmite, or yeast of your choice
- 1 teaspoon sugar
- 1/4 teaspoon thyme
- 1/4 teaspoon marjoram
- Pepper
- 1 cup textured vegetable protein, chunks

