

Foodnity Recipes

Vegan Mushroom Stew Recipe for a Cozy Meal

15 min Prep time	**35 min** Cook time	**50 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb (450g) mixed mushrooms (cremini, shiitake, oyster), sliced
- [ ] 2 medium potatoes, diced into 1-inch chunks
- [ ] 1 large onion, finely chopped
- [ ] 3 cloves garlic, minced
- [ ] 4 cups vegetable broth
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp tomato paste
- [ ] 1 tsp dried thyme
- [ ] 1 tsp dried rosemary
- [ ] 1 bay leaf
- [ ] 1 tbsp soy sauce or tamari
- [ ] Salt and pepper to taste
- [ ] Fresh parsley, chopped (for garnish)

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the chopped onion and cook until soft and translucent, about 5 minutes. Add the minced garlic and cook for another minute until fragrant.
2. Add the sliced mushrooms to the pot and cook, stirring occasionally, until they release their juices and start to brown slightly, about 7-10 minutes.
3. Stir in the tomato paste and cook for 1 minute. Add the diced potatoes, vegetable broth, thyme, rosemary, bay leaf, soy sauce, salt, and pepper. Bring to a boil, then reduce the heat to low and let it simmer for 20-25 minutes, or until the potatoes are tender.
4. Taste and adjust the seasoning if needed. Remove the bay leaf, then ladle the stew into bowls. Garnish with fresh parsley and serve hot.

Nutrition per serving

220 kcal	7 g	38 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra richness, stir in a spoonful of cashew cream or coconut milk at the end.
- If you prefer a thicker stew, mash a few of the potatoes against the side of the pot to release their starch.
- This stew tastes even better the next day, so don’t hesitate to make a big batch!