



### **Ingredients**

- ✓ 2 Tbsp. virgin coconut or vegetable oil, divided
- ✓ 1 (8oz) package cubed seitan, cut in 1" cubes
- ✓ 1 medium onion, sliced thin (1¼ cups)
- ✓ 1½ Tbsp. chopped garlic (4 cloves)
- ✓ 4 cups water
- ✓ 2 medium potatoes, cut in 1" (8oz)
- ✓ 4 medium carrots, cut in ¾" slices
- ✓ 8oz crimini mushrooms, quartered (baby bellas)
- ✓ 4oz cherry or grape tomatoes, halved
- ✓ 1 Tbsp. vegan Worcestershire sauce
- ✓ 1 Tbsp. red wine vinegar
- ✓ 1 vegetable bouillon cube
- ✓ 1 tsp. Unbeef bouillon powder
- ✓ 1 tsp. paprika
- ✓ ½ tsp. dried thyme
- ✓ ½ tsp. dried rosemary
- ✓ 1 bay leaf
- ✓ Freshly ground black pepper (to taste)
- ✓ 1½ cups fresh or frozen peas
- ✓ 2 Tbsp. tapioca starch

### **Notes:**

- ½ lb. homemade seitan can certainly be used.

### **Preparation**

Wisk the tapioca starch with 2 Tbsp. of water. Next, heat a large saucepan or soup pot over medium heat. Add 1 tablespoon of the coconut oil and brown seitan cubes on all sides. Remove from pan and set aside. Melt remaining tablespoon of coconut oil over medium-low heat in same pan and add onion and garlic. Cook and stir until soft and translucent, about 10-15 minutes. Add all remaining ingredients except peas and tapioca starch, and simmer, stirring occasionally, until potatoes and carrots are tender, about 30-40 minutes. Add reserved seitan and peas and



## Recipe Collection

## Un-Beef Stew

Serves 4 - 6 ~ Vegan

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cook 5-10 minutes more. Stir in tapioca starch, remove bay leaf, season to taste and serve.