

A close-up photograph of a black ceramic bowl filled with a hearty stew. The stew contains white beans, sliced portobello mushrooms, orange carrot slices, and green leafy vegetables. Fresh green herbs are sprinkled on top. The bowl sits on a piece of patterned fabric with a floral design, which is placed on a wooden surface. A silver spoon lies in the foreground, and a piece of crusty bread is visible in the bottom right corner. The background is softly blurred, showing more bread and greenery.

WHITE BEAN
AND PORTOBELLO STEW

FROM BUT I COULD
NEVER GO VEGAN!
BY KRISTY TURNER

WHITE BEAN & PORTOBELLO STEW

SERVES 6 TO 8

Cold, rainy weather. Fire in the fireplace. Fuzzy slippers covering your toes. Blanket wrapped around your shoulders. This thick, hearty stew. Crusty French baguette. Enough said.

1. Heat the oil in a large pot over medium heat. Add the leeks and garlic and sauté for 2 to 3 minutes, until fragrant. Add the carrot and celery and sauté for another 2 to 3 minutes. Add the mushrooms, liquid aminos, rosemary, thyme, sage, and fennel seeds. Sauté for 3 to 4 minutes.
2. Add the beans, broth, water, and miso. Bring to a boil, then reduce the heat and cover, leaving the lid open a crack. Simmer for 25 to 30 minutes.
3. When some of the liquid has reduced and the vegetables are tender, add the liquid smoke, salt, and black pepper. Fold in the kale and cook just until the kale begins to wilt, then remove from the heat.
4. Serve warm, with bread, if desired. Leftovers can be chilled in an airtight container up to 5 days.

TIP

You can purchase vegan broths that are chicken or beef flavored. They do not contain animal products, but they are seasoned to taste like their non-vegan counterparts.



PREP TIME: 15 minutes

COOK TIME: 40 minutes

- 2 teaspoons extra virgin olive oil
- 2 leeks (white part only), halved lengthwise and thinly sliced
- 2 garlic cloves, minced
- 1 carrot, chopped
- 1 celery rib, chopped
- 4 portobello mushrooms, sliced into ½-inch (1 cm) wide strips
- 1 tablespoon liquid aminos
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh sage
- 1 teaspoon fennel seeds
- 3 cups (525 g) cooked great Northern beans (see page 000) or two 15-ounce (425 g) cans, rinsed and drained
- 4 cups (1000 ml) vegetable broth (chicken-flavored vegetable broth is best here; see tip)
- 1 cup (250 ml) water
- 1 teaspoon white miso
- 1 teaspoon liquid smoke
- Salt and black pepper to taste
- 3 cups (40 g) roughly chopped kale
- Crusty French bread or Southern Biscuits (page 000), optional