

Vegetarian Mushroom Stew

This hearty mushroom and chickpea stew is both meaty and delicious and will impress even the meat eaters in your family. This stew is filled with protein, vitamin C and fiber. The coconut milk provides richness and the vinegar brightens up all the flavors.

Makes: 6 cups

Serves: 4-6

Prep time: 10 minutes

Cook time: 45-55 minutes

Ingredients:

- 2 pounds mixed fresh mushrooms (any kind)
- 2 Tbsp olive oil
- 2 tsp kosher salt, divided
- 1 medium yellow onion, peeled and sliced thinly
- 3 cloves garlic, peeled and minced
- 1 small bunch fresh parsley, divided and chopped
- ½ tsp. dried oregano
- ½ tsp red pepper flakes
- ¼ tsp dried thyme or Italian seasoning
- ¼ tsp black pepper
- 1 cup water, divided
- 1 can (15 oz) chickpeas, drained
- 1 (28 oz) can crushed tomatoes
- 1 (13 oz can) full fat coconut milk
- 4 stalks kale or other greens (mustard, collards- ribs removed), coarsely chopped
- 1 tsp red wine vinegar

Directions:

1. Trim 2 pounds mushrooms and slice into ¼-inch slices.
2. Heat 2 tablespoons olive oil in a Dutch oven over medium heat until shimmering. Add the mushrooms and 1 teaspoons of the kosher salt, and cook, stirring occasionally, until the moisture evaporates, 15 to 17 minutes.
3. Add the onion, garlic, 2 Tbsp chopped parsley, oregano, ½ teaspoon red pepper flakes, ¼ teaspoon dried thyme, ¼ teaspoon black pepper, and remaining 1 teaspoon kosher salt to the mushrooms. Cook, stirring occasionally, until the onion is softened, about 5 minutes.
4. Pour in ¼ cup of the water and scrape up any browned bits from the bottom of the pan. Add the chickpeas, crushed tomatoes, coconut milk, and the remaining ¾ cup water. Stir to combine and simmer until heated through and thickened, 20 to 25 minutes. The mixture may appear grainy at first, but will smooth out as the stew simmers.
5. Add the kale and 1 teaspoon red wine vinegar, stir to combine, and cook until the kale is wilted, 2 to 5 minutes. Taste and season with more kosher salt or vinegar as needed.
6. Ladle into bowls, garnish with olive oil, red pepper flakes, and more oregano and parsley if desired. Serve with crusty bread, or spoon over cooked polenta or mashed potatoes.

<https://www.thekitchn.com/vegetarian-mushroom-stew-recipe-23270556#post-recipe-313490153>

Nutrition Info per serving: Calories: 300, Saturated Fat: 12 g, Sodium: 690 mg, Added Sugars: 0 g