



**Makes 10 cups**  
**Preparation Time: 40 minutes**  
**Ready In: 1 hour**

#### INGREDIENTS:

3 cups  $\frac{3}{4}$ -inch pieces onions  
2 $\frac{1}{4}$  cups  $\frac{3}{4}$ -inch pieces carrots  
1 cup  $\frac{3}{4}$ -inch pieces celery  
4 cups  $\frac{3}{4}$ -inch pieces portobello mushrooms  
6 cloves garlic, minced  
6 cups  $\frac{1}{2}$ -inch pieces peeled round white potatoes  
 $\frac{1}{3}$  cup no-salt-added tomato paste  
1 tablespoon dried Italian seasoning  
1 tablespoon paprika  
2 teaspoons finely chopped fresh rosemary  
1 $\frac{1}{2}$  cups frozen peas  
 $\frac{1}{2}$  cup chopped fresh parsley

## Best-Ever Beefless Stew

Tuck into this cozy meal whenever you're in need of a little TLC. Portobello **mushrooms** add rich flavor and meaty texture to this chunky classic-style stew, while a medley of fresh veggies soaks up the herbaceous broth. Fresh rosemary and parsley deliver a beautiful depth of flavor that develops over time, so don't be afraid to freeze your **leftovers** for a rainy day!

**Tip:** Fresh rosemary is wonderful in this stew, but if you only have dried, use  $\frac{1}{2}$  teaspoon.

*From [straightupfood.com](http://straightupfood.com)*

By Cathy Fisher

- 1** In a Dutch oven cook onions, carrots, and celery with 1 tablespoon water over medium-high 8 minutes, stirring frequently and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Stir in mushrooms and garlic. Cook 5 minutes more, stirring frequently and adding water as needed.
- 2** Stir in potatoes, tomato paste, Italian seasoning, and paprika. Add 5 cups of water. Bring to boiling; reduce heat to medium-low. Stir in rosemary. Cook, covered, 15 minutes, stirring occasionally. Stir in peas; cook, covered, 5 minutes more or until carrots and potatoes are tender.
- 3** Transfer 2 cups of the mixture to a blender. Cover and blend until smooth. Return to Dutch oven. Stir in parsley.