

VEGAN BEEF (IRISH) STEW



A wonderfully rich and savory plant-based version of beef stew. Made with Portobello mushrooms, potatoes, and carrots.

Course Entree, Main Course, Soup
Cuisine American, Vegan
Keyword vegan beef stew, vegan mushroom and potato stew

Prep Time 20 minutes
Cook Time 1 hour 20 minutes
Total Time 1 hour 40 minutes

Servings 8 Servings
Calories 243 kcal
Author Linda Meyer

Ingredients

- 1 10 oz [283 g] package of Baby Bella Mushrooms, stems removed and quartered
- 1 large yellow onion chopped
- 2 cloves garlic minced
- 3 large carrots peeled and sliced at an angle into 1 inch (3 cm) thick pieces
- 32 oz mushroom or vegetable broth, divided
- 20 baby potatoes cut in half
- 2 cups water
- 2 tbsp tamari or soy sauce
- 1 tbsp [vegan Worcestershire sauce](#)
- 3 sprigs of fresh thyme
- 2 sprigs fresh oregano
- 4 sprigs of fresh parsley
- 1 bay leaf
- Sea salt and pepper to taste

For The Roux

- 4 tbsp vegan butter
- 1/4 cup flour
- 1 cup plant-based milk

Instructions

Tie the thyme, parsley, and bay leaf into a bouquet with kitchen twine.

Put 2 tbsp (30 ml) broth in a large skillet, Dutch oven or stock pot (see note) and heat on medium heat. When the broth begins to boil add the mushrooms, onion and carrots and cook for five minutes. Stir frequently and add a few more tbsp of broth if needed. Add the garlic and stir well. Cook for two minutes.

If you are cooking this in your slow cooker, transfer the onions, carrots, mushrooms and garlic from the pan to the cooker (if cooking in a stock pot or Dutch oven, leave the onions and add the potatoes and remaining ingredients) and add the potatoes, the remaining broth, 2 cups (480 ml) water, tamari or soy sauce, Worcestershire sauce, herbs, and salt and pepper. Gently push the herbs into the broth and bring to a boil. Reduce the heat to simmer and cook for one hour, or two or more hours in your slow cooker. The longer you cook the stew the softer the potatoes will become.

For the Roux

Melt the butter in a small saucepan on medium heat. When it's melted whisk in the flour until it's creamy and thick. Whisk in the milk until it's creamy and slurry. Stir it into the stew until it's completely combined and let it simmer for approximately ten minutes until the broth thickens. Remove the herbs. Taste and add more salt and pepper as needed.

Enjoy!

Recipe Notes

[NUTRITION DISCLAIMER](#)

If you can't saute the onions, carrots, mushrooms, and garlic in the slow cooker, saute them in a pan and then transfer

them to the cooker to finish.

Nutrition Facts	
VEGAN BEEF (IRISH) STEW	
Amount Per Serving (1 cup)	
Calories 243	Calories from Fat 45
% Daily Value*	
Fat 5g	8%
Saturated Fat 1g	6%
Sodium 818mg	36%
Potassium 995mg	28%
Carbohydrates 43g	14%
Fiber 6g	25%
Sugar 5g	6%
Protein 6g	12%
Vitamin A 4515IU	90%
Vitamin C 43mg	52%
Calcium 90mg	9%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	