



a better world begins on your plate

**plant-based
eating**
ANIMAL PROTECTION
OF NEW MEXICO

Irish Beef-less Stew



This Irish-inspired stew is perfect for St. Patrick's Day, and is also great to enjoy on cold winter days.

Serving with fresh Irish Soda bread really rounds out this thick hearty stew.

Serves 6.

2 Tbs Oil
2 ribs celery, chopped
1 onion, chopped
4 cloves of garlic, minced
2 large carrots, cut into chunks
8 oz mushrooms, quartered
2 potatoes, cut into chunks
¼ cup flour
4 cups vegetable broth*
1 pint vegan stout beer
1 can (6oz) tomato paste
2 bay leaves
2 tsp brown sugar
1 tsp dried thyme
Salt & pepper to taste
1 package Gardein Homestyle Beefless Tips**

*Less broth can be used for a thicker stew.

**Adding vegan meat is optional. You can also use seitan, or your favorite vegan beef alternative.

In a large pot heat oil over medium heat. Add celery, onion, and garlic and sauté for about 5-7 minutes.

Add the flour to the pan and stir well to coat the veggies.

Stir in half the broth, being sure to scrape the bottom, until well combined.

Add the beer, remaining broth, remaining veggies, tomato paste, and spices. Bring to a simmer and cook for 15-20 minutes until the carrots are fork tender.

While stew is simmering, in a separate frying pan, sauté the Beefless Tips according to the instructions on the package. You may choose to cut them into smaller pieces.

When the stew is done simmering, add the Beefless Tips and stir. Remove the bay leaves and serve hot.

Adapted from:
<https://itdoesnttastelikechicken.com/vegan-irish-stew>