



Vegetarian Guinness Stew



From: Conlan Lang

Serves: 8-10

Prep Time: 30 min

Cook Time: 4 hours

Instructions

- 1) Make porcini stock by simmering dried porcini mushrooms in 2 cups of water for about 20 minutes. Strain and reserve the liquid.
- 2) Heat avocado oil in a large pot over medium heat. Add mushrooms and cook until they release moisture, about 5 minutes. Add onion and celery and cook until lightly browned.
- 3) Add garlic and cook about 1 minute. Stir in flour and cook 2 to 3 minutes until lightly browned.
- 4) Pour in Guinness, scraping the bottom of the pot. Simmer 5 minutes.
- 5) Add carrots, potatoes, lentils, porcini stock, and vegetable stock. Add more broth if needed to cover vegetables.
- 6) Stir in tomato paste, mustard, Worcestershire sauce, and seasonings. Cover and simmer 3 to 4 hours. Remove bay leaves before serving.

Mash Potato Bottomer

- 1) Boil potatoes in salted water until fork tender, about 45 minutes. Drain and mash. Fold in butter and seasonings until smooth.

Serve: Place mashed potatoes in the bottom of the bowl and ladle stew over the top

Notes

- 1) For the "Other Mushrooms", you can use what you want or have on hand. I used a mix of portabello, shitake, and cremini. Commonly, people use button mushrooms.
- 2) For the Potatoes, you should ideally use a very starch potato like a russet, but I had extra golds on and so I used those.
- 3) If you are strictly vegan, then you can leave out the Worcestershire Sauce (as it contains fish). For soup club, the couple of vegetarians either eat fish, or in my case, its more of a texture thing, so the extra savory bit of flavor from this is fine.

Ingredients

- 1 Tbsp Avocado Oil
- 2 Medium Onions, diced
- 3 Celery Stalks, chopped
- 4oz Porcini Mushrooms (dried)
- 4oz Other Mushrooms
- 5 Cloves of Garlic
- 1 Tbsp Flour
- 12oz Guinness
- 3 Large Carrots, chopped into larger chunks
- 5 Medium Potatoes, cubed
- 2 Cups Lentils
- 2 Cups Porcini Stock (see instructions below)
- 2 Cups Vegetable Stock
- 1Tbsp Worcestershire Sauce (wooster-sure)
- 1 Tbsp Dijon Mustard
- 2 Tbsp Tomato Paste
- Seasonings (pepper, garlic powder, onion powder, thyme, bay leaves)

Mash Potato Bottomer

- 7 Medium Potatoes
- 4 Tbsp Butter or Butter Substitute
- Salt, Pepper, Onion Powder, Garlic Powder

