



my quiet  
kitchen

## Hearty Potato Stew

This hearty vegetarian potato stew features yellow potatoes, chickpeas, carrots, and mushrooms in a rich tomato base. It's casual enough for weeknight family dinners and special enough for a dinner party. This vegan stew is gluten-free and ready in an hour!

**Prep Time** 25 minutes   **Cook Time** 30 minutes   **Total Time** 55 minutes

**Servings**            6 servings

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### INGREDIENTS

- 1 tablespoon oil (see Notes for oil-free)
- 1 large yellow onion, chopped
- 10 ounces mushrooms, cut into thick/chunky slices
- 5 cloves garlic, divided
- 1 ½ teaspoons dried Italian herb blend (or a combination of thyme, rosemary, oregano)
- 2 medium carrots, peeled and cut into coins or half moons
- 1 ½ pounds yellow potatoes, cut into large bite-size pieces (or other variety)
- 1 (14.5 oz) can crushed tomatoes (preferably fire-roasted)
- 3 ½ cups vegetable broth
- 1 bay leaf
- 1 tablespoon tamari (for GF) or soy sauce
- 1 teaspoon fine sea salt (or more to taste)
- black pepper, to taste
- 1 (15 oz) can chickpeas, rinsed and drained (or white beans)

### INSTRUCTIONS

1. Preheat a large soup pot over medium heat. Add the oil, if using (see notes for oil-free). Once hot, add the onion and mushrooms, and cook for about 8 minutes or until the moisture from the mushrooms is mostly evaporated.
2. Add the garlic, dried herbs, and carrots. Stirring frequently cook for 2 to 3 minutes.
3. Add the crushed tomatoes, potatoes, broth, bay leaf, soy sauce, and salt and pepper. Bring to a simmer. Cover the pot and reduce heat to low. Checking on it periodically, simmer the stew for about 20 minutes or until the potatoes are fork tender. Stir in the chickpeas and

cook uncovered for a few minutes, or until the stew has reduced slightly.

4. Turn off the heat and taste for seasoning. Keep in mind that the flavors will develop and improve as the stew rests and cools.

## NOTES

### Variations

- **Oil-free** - dry saute the onion and mushrooms. Mix 2 teaspoons of tahini or a neutral-tasting nut butter with a splash of broth, and add this to the pot just before adding the garlic and herbs.
- **Add leafy greens** - stir in several handfuls of chopped kale or Swiss chard during the last few minutes of cooking.
- **Switch up the beans or add other proteins** - stir in **tofu chorizo**, cooked lentils, chopped **seitan**, or your favorite plant-based meats. This helps bulk up the recipe and is especially helpful if you or someone you're feeding has a big appetite!
- **Add more umami** - you can increase the amount of mushrooms and/or soy sauce. Or if you have miso on hand, dissolve 2 tsp white miso in a bit of broth and add it to the pot before serving.

**Store** - once the stew is cool, transfer to a container and store in the fridge. To reheat potato stew, add it to a pot and heat on the stovetop over medium-low heat until hot. You can also reheat individual servings of stew in the microwave.

*Hearty Potato Stew <https://myquietkitchen.com/potato-stew/>*