

# BLUE STEW

SERVE: 4-5

TOTAL TIME: 1HR 10MIN

## INGREDIENTS

### For the Stew:

3 tablespoons olive  
450g button mushrooms, cleaned and coarsely chopped  
2 medium celery stalks, diced  
2 medium carrots, diced  
1 large onion, diced  
3 garlic cloves, minced  
3 tablespoons all-purpose flour  
1 (12 ounce) bottle vegan stout beer (Guinness in draft, bottle and can form is vegan; some gluten free stouts are available in certain supermarkets and off licences)  
2 cups vegetable broth  
2 tablespoons tomato paste  
3 cups chopped cabbage  
1 small potato, peeled and diced  
1 tablespoon fresh thyme  
Salt and pepper to taste

### For the Dumplings:

1 1/2 cups all-purpose flour  
3 tablespoons nutritional yeast flakes  
1 3/4 teaspoons baking powder  
3/4 teaspoon salt  
2 tablespoons finely chopped chives  
2 tablespoons fresh thyme leaves  
1 cup + 2 tablespoons unflavored soy or almond milk  
3 tablespoons olive

## DIRECTIONS

### To make the stew:

Coat the bottom of a large pot with 2 tablespoons of oil and place it over medium heat. When the oil is hot, add the mushrooms in an even layer. Allow the mushrooms to cook for about 5 minutes, flip, and cook 5 minutes more, until lightly browned on both sides. Remove them from the pot and transfer to a plate.

Add the remaining oil to the pot. When the oil is hot, add the celery, carrot, and onion. Sauté for about 10 minutes, until the veggies begin to soften.

Stir in the garlic and flour. Sauté about 2 minutes more, until the garlic is very fragrant and the flour evenly coats the veggies.

Stir in the stout, broth, tomato paste, cabbage, potato and thyme. Return the mushrooms to the pot. Raise the heat and bring the liquid to a boil. Lower the heat and allow the mixture to simmer, uncovered, for 10 minutes. The veggies should be a bit firm at this point. You can add up to a cup of water during simmering if the broth reduces too much.

While the stew simmers, make the dumpling dough.

### To make the dumplings:

Stir the flour, nutritional yeast, baking powder, salt, thyme and chives together in a medium mixing bowl. Stir in the milk and oil to form a soft and sticky dough. Be careful not to over mix.

After the stew has simmered for 10 minutes, taste test the broth and season it with salt and pepper to taste. Then drop 2-3 tablespoon dollops of the dough into the stew. Make sure you've got plenty of room, as the dumplings will expand as they cook.

Cover the pot and lower the heat. Allow to simmer for about 15 minutes more, until the veggies are tender and the dumplings are fluffy.

Ladle into bowls and serve

