

VEGETABLE STEW

Ingredients:

2 T. extra virgin olive oil
1 large onion, chopped
2 carrots, sliced
2 celery stalks, sliced
2 sweet peppers, diced

1 T. fresh thyme
1 T. fresh sage
1 T. fresh rosemary
6 cloves garlic, minced
1 tsp. cumin
1 tsp. coriander
Freshly ground black pepper

½ c. whole wheat flour
½ c. dry red wine
4 c. vegetable broth
2 T. tomato paste
2 T. soy sauce
1 T. nutritional yeast

½ c. pearl barley
2 c. purple or red potato, cubed
2 c. sweet potato, cubed
2 c. green cabbage, chopped
28-oz can of petite diced tomatoes
Kosher salt



Directions:

- 1) In a large soup pot, sauté onion, carrots, celery, and peppers in olive oil until softened, about 10 minutes.
- 2) Finely chop the fresh herbs and add to the pot, along with the garlic, cumin, coriander, and pepper. Stir and cook for 1 minute.
- 3) Stir the flour in, to coat all the veggies. Then add the wine and vegetable broth, stirring gently. Add the tomato paste, soy sauce, and yeast.
- 4) Finally, add the barley, potatoes, cabbage, and tomatoes. Stir well and heat until boiling.
- 5) Simmer over medium-low heat for around an hour and half, stirring occasionally.
- 6) Season with salt, to taste.

Allegro wine pairing: 2019 Dry Rosé