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CHAMBERETE DE HONGOS

Aguas calientes



I love a good stew, especially one that has a deep, rich flavor and is loaded with veggies. This particular one is based on a dish called Chamberete Español or Chamberete de Res, a meat, veggie, and chickpea stew with an interesting twist in the addition of green cactus fruit. My version replaces the meat with seared mushrooms to achieve a soulful, deep flavor. The key is to sear the mushrooms before adding them to the stew so they can properly brown. Not only is this stew absolutely delicious, it's one of the healthiest meals you can eat.



TIME 20 MIN.



SERVES 4

DIRECTIONS

INGREDIENTS

1 Small white onion, diced
4 Garlic cloves, minced
2 Bay leaves
 $\frac{3}{4}$ tsp. Salt
 $\frac{1}{2}$ lb. Dried chickpeas, soaked for at least 6 hours and drained
8 cups Water
2 cubes Not-beef bouillon
Optional: 1 tablespoon Guajillo chile powder

2 lb. Cremini mushrooms, chopped into large bite-size pieces
2 tsp. Olive oil
3 Yukon Gold potatoes, chopped into bite-size pieces
3 Carrots, chopped into bite-size pieces
 $\frac{1}{2}$ Small head of red cabbage, chopped into bite-size pieces
2 Gray squash, chopped into bite-size pieces
2 Green cactus fruits, peeled and chopped into bite-size pieces (xoconostle)

GARNISH

2 cups Cooked rice
4 Whole wheat bolillo rolls
Optional: Lime wedges

PREPARATION

1. Add the onion, garlic, bay leaves, salt, chickpeas, water, bouillon, and optional chile powder to a soup pot and simmer until the chickpeas are soft.
2. While the chickpeas are simmering, sear the cremini mushrooms in a large skillet over medium-high heat in the oil and salt until they are well browned, about 10 minutes. Set aside.



PREPARATION PT.2

3. Once the chickpeas are soft, add the mushrooms, potatoes, carrots, cabbage, squash, and cactus fruit to the pot and any additional water you need to barely cover the ingredients and simmer until all the veggies are al dente, about 5 to 7 minutes. Check periodically to make sure you don't overcook the veggies.

4. Once the stew is cooked, stir in the rice and serve with bolillo rolls. Although it isn't traditional, I like to eat this stew with a squeeze of lime.

Chef's Notes

"If you cannot find xoconostle, you can substitute it with two small tomatillos."