



Meal

Dinner

Weeknight

High-Fiber

Low-Sugar

Under 1 Hour

Special Occasion

# Hearty Vegetable Stew

Warm up on a chilly evening with this comforting Hearty Vegetable Stew. Loaded with nutritious vegetables and simmered in a flavorful broth, this dish is a perfect way to get your daily dose of veggies.

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Tasty Team

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## Ingredients

for 6 servings

2 tablespoons olive oil

10 oz baby bella mushroom,  
quartered

1 yellow onion, diced

3 carrots, chopped

2 celery stalks, chopped

2 cloves garlic, minced

½ teaspoon dried rosemary

½ teaspoon dried thyme

½ teaspoon pepper

3 tablespoons tomato paste

2 tablespoons low sodium soy  
sauce

¼ cup flour

¾ cup dry red wine

4 cups red potato, diced

4 cups vegetable broth

2 dried bay leaves

## Nutrition Info

Calories **233**

Fat **5g**

Carbs **41g**

Fiber **4g**

Sugar **6g**

Protein **6g**

Estimated values based on one serving size.

## Preparation

- 1** In large pot or Dutch oven, heat the olive oil over medium heat. Once the oil begins to shimmer, add the mushrooms and cook for about 5 minutes, or until most of their juices have been released.
- 2** Add the onions, carrots, and celery, and cook for 4-5 minutes, or until onions are semi-translucent.
- 3** Add the garlic, rosemary, thyme, pepper, tomato paste, and soy sauce, and cook for 2-3 more minutes, until the herbs are fragrant.
- 4** Add the flour and stir until fully incorporated. Add the wine and stir until mostly absorbed.
- 5** Add the potatoes, vegetable broth, and bay leaves, and bring to a boil. Reduce the heat to medium-low and simmer for 45 minutes, stirring occasionally, until the potatoes are tender and the stew has thickened.
- 6** Remove the bay leaves.
- 7** Enjoy!
- 8** Don't let a good recipe slip away. [Download the Tasty app](#) and save your favorites for easy access.