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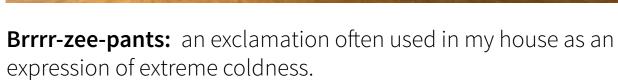
SEARCH



MARCH 2, 2017 · 9:48 AM

Hearty Vegetable Mushroom Stew





In my house growing up, my dad liked to keep the thermostat at around 60 degrees. The lowest temperature I remember seeing was 56°. I'd walk around the house in layers, blankets swathed around me like a linen closet beauty queen, shivering. Back in those days, you could usually find me in the Bahamian paradise of my bedroom, space heater on full whack, swim suit, sunglasses and towel. When it was time to forge out into the tundra (the rest of the house), I'd layer up to go on my covert mission, creeping down the stairs in my blanket to the mission control panel in the downstairs hallway. Can't get caught-Oh hello dear brother. Just walking in the hallway. Where's dad? Beep beep beep beep beep-think he'll notice an extra 10 degrees? Let the back and forth heater games begin!

Warmth is a core value of mine, and although my house isn't cold now-luckily, the Mister and I are compatible on our thermostat preference setting (MFEO, I tell you), my most favorite spot in the house is in my zen den, in front of my space heater. It makes even the most mundane tasks appealing. When I visit dad's house now, I wear my Antarctic hooded coat, and bring my emergency preparedness blanket. I may have gotten a lot of my creativity and imagination from my dad, but one thing I sure didn't inherit is his tolerance for cold.

The weather out here in Denver has been bipolar these days. One day it's 75 degrees. The next, a howling snow storm. On the days I would classify as BRR-ZEE-PANTS, I like to cook something filling and warming. Before I stopped eating meat, I used to love a good beef stew, although it wasn't really the beef I was after. I was always a vegetable hoarder growing up. Mom would make a pot roast in the slow cooker, with carrots, potatoes and celery, and I'd pass by and sneak forkfuls before dinner. I also have fond memories of making really hearty stews in my early cooking days. My diet has changed substantially since then, and although I don't crave the beef, I do crave the taste memory of a good beef stew-dark, rich and hearty with lots of vegetables; the kind of soup that warms you up from the inside out.

This stew is perfect for the most brr-zee-pants-iest of days. Melt-in your mouth carrots, parsnips and potatoes suspended in a thick, rich mushroom broth. You can simmer it on the stove, or as I like to do with any soup or stew recipe, sauté the vegetables and assemble the soup completely, and save the simmering step for the slow cooker.

There are still some blustery days to come, so next time you think to yourself, "gee, I feel quite brr-zee-pants right now", I hope you'll cuddle up in the Bahamian paradise of your space heater, and try a big bowl of this stew!

Hearty Vegetable Mushroom Stew Makes: 12 cups, 6-8 servings

INGREDIENTS

- 2 TB vegan butter 2 TB olive oil
- 1 1/4 lb small onions such as cipollinis, ends trimmed, peeled and quartered
- (or use the same amount of yellow or sweet onions, diced) 4 medium carrots, peeled and sliced 1/2 inch
- 2 med parsnips, sliced 1/4 inch (8 oz)
- 4 stalks celery, sliced 1/4 inch thick 4 large cloves garlic, minced
- 1/4 pound crimini mushrooms, chopped
- 1/2 cup marsala wine or dark beer 2 TB tomato paste
- 1 quart mushroom broth 1 quart vegetable or chicken broth
- 1 1/2 pounds fingerling, yukon gold or red potatoes, cut 1 inch x 1/2 inch 1 bay leaf

1/2 cup chopped dried wild mushrooms, woody stems removed

- 1 teaspoon dried thyme 1 TB Braggs liquid aminos or soy sauce, more or less to taste 1 tsp worchestershire sauce (check for vegan if needed)
- salt and pepper to taste 1/2 TB arrowroot starch or cornstarch, whisked into 1/4 cup cold
- water or broth 1 TB apple cider vinegar

DIRECTIONS

Heat butter and oil in a large heavy saucepan over medium high heat. Add the onions and toss to coat. Sprinkle with salt, and cover and allow to sweat for 3-4 minutes. Uncover and sauté for 2 minutes until softened. Add carrots, parsnips and celery. Cook for 3 minutes. Add garlic and fresh mushrooms. Sauté for a few more minutes, . Deglaze plan with the marsala wine or beer, scraping any brown bits from the bottom of the pan. Add tomato paste. Stir to coat the vegetables.

Add the broths, dried mushrooms, potatoes, bay leaf, thyme, liquid aminos and worcestershire sauce. Season to taste with salt and pepper, but careful not to over-salt because the stew will cook down and concentrate a bit. Bring to a boil, then reduce to a simmer for 40 minutes, or until potatoes are tender, or put in the slow cooker on low for 8 hours. Stir in the arrowroot or corn starch slurry. Remove 2 cups of the soup to a blender. Puree. Add back to the soup. Stir in the apple cider vinegar. Adjust salt, pepper and liquid aminos to taste.

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The Face Behind the Spoon



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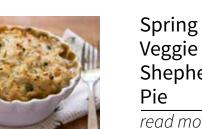


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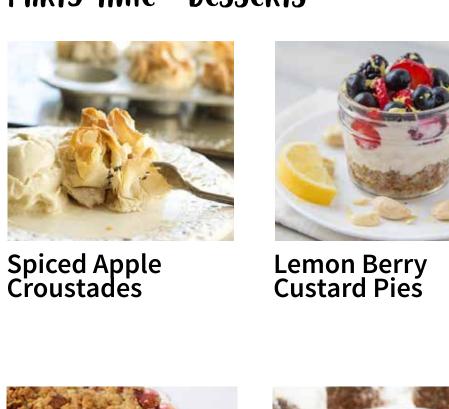


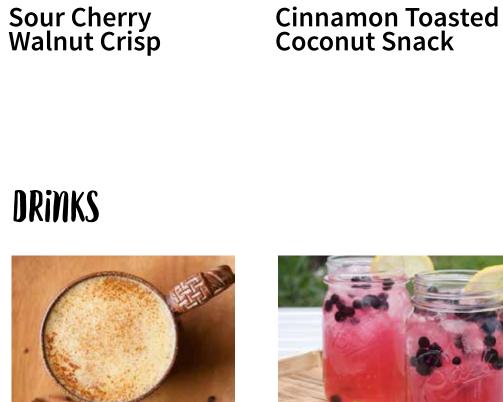
6:00 **Asparagus** with Toasted Ciabatta read more

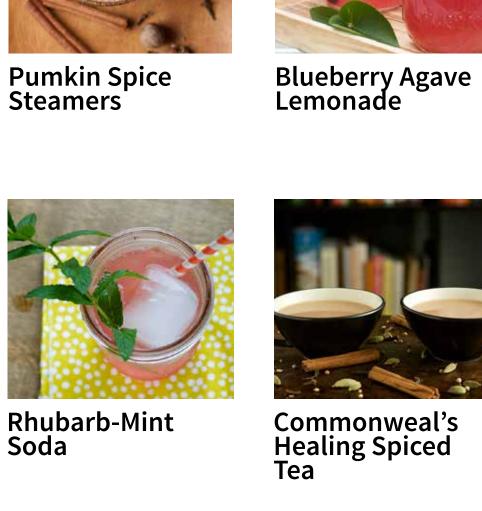
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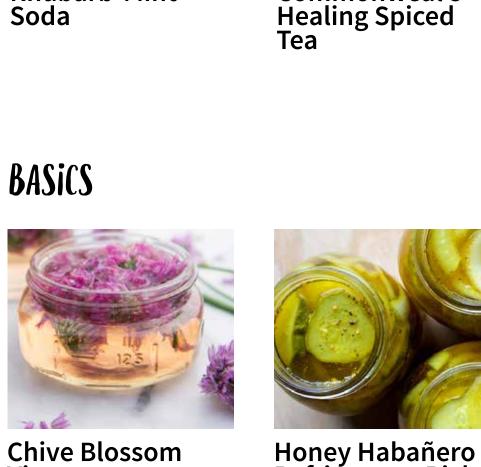
SPOON WITH ME FOODS YOU LOVE, THAT LOVE YOU BACK! RECIPES ABOUT ME BLOG SEARCH BREAKFAST DRINKS BASICS DINNER PARTY TIME LUNCH FILTER RECIPES BY ALL RECIPES The Face Behind the Spoon Hi! I'm Jenny and I'm glad you're here! I am a writer, photographer, and recipe developer at this here blog. In the kitchen, I'm into creat-Vegetarian Sloppy Jens Anytime Frittata with Chorizo, Potato and Feta Everything is Gonna Be Alright Tomoato Soup ing colorful, healthy, flexible recipes to suit a variety of dietary needs. Spoon With Me is about creating foods you love, that also love you back. I believe that healthy eating isn't a drag when you get creative and have a little fun with it. About Spoon With Me Lemony Steam-Roasted Artichiokes Ready to Spoon? Spring Veggie Shepherd's Pie **E.A.T Sandwiches** with Sun-Dried **Tomato Aoili** SUBSCRIBE Show All BREAKFAST : SWEETS **Seasonal Spoonfuls** Brussel Sprouts Cranberry-Orange Cinnamon Rolls Whole Wheat **Gluten-Free** Salad **Cranberry Scones Banana Bread** read more Spring Penne read more Creamy Mushroom Sauce with Honey-Glazed Pear Breakfast Crisp Vegan Trail Mix Cookies Heavenly Ginger Apricot Muffins Gnocchi read more Show All Spring Veggie Shepherd's BREAKFAST : SAVORIES Pie read more 6:00 Asparagus with Toasted Ciabatta read more Anytime Frittata with Chorizo, Potato and Feta Bricklayer Breakfast Tacos Rosemary Tortilla Española **E.A.T Sandwiches** Pan con Tomate Kale, Potato, Tomato Frittatas with Sun-Dried Tomato Aoili Show All LUNCH : SOUPS Lucky Black-Eyed Pea and Kale Soup Tomato-Veggie Posole Moroccan Lentil Soup Roasted Pumpkin Butternut Squash Soup with Sage Honey-Chipotle Sweet Potato Everything is Gonna Be Alright Tomoato Soup Soup Show All LUNCH: SANDWICHES Cajun Shrimp Poboys Vegetarian Sloppy Jens **E.A.T Sandwiches** with Sun-Dried **Tomato Aoili** Grilled Portobello Burgers with Piquillo Aioli Veggie Crunch Wraps with Black Bean Hummus Grilled Brie and Apple Sandwiches Show All LUNCH : SALADS Asian Quinoa Salad with Almond Soy-Giner Dressing Quinoa Toubouleh Salad Springy Quinoa Salad with Mint Southwest Quinoa Salad with Chile Lime Vinaigrette Zaalouk Show All DINNER: MAINS Layered Quinoa Ratatouille Garlicky White Wine Mussels Spring Veggie Shepherd's Pie Moroccan Chicken Bastilla Vegetarian Tikka Masala Vegan Kale and Ricotta Lasagna Show All DINNER: SIDES Cumin-Lime Toasted Black Bean Tostadas Lemony Steam Roasted Artichokes **Fresh Summer Tomato Pasta** Avocado Eggrolls with Asian Ginger Slaw Red Curry Coconut Marinated Shrimp **Baked Samosa** Pie Show All PARTY TIME : SNACKS Mango Avocado Salsa with Chips Lemon-Garlic Infused Tapenade Lemon-Herb Cashew Sour Cream Dip Carmelized Onion Dip with Potato Chips Roasted BBQ-SpicedPotato Wedges Indian Spiced Roasted Califlower Show All PARTY TIME : DESSERTS

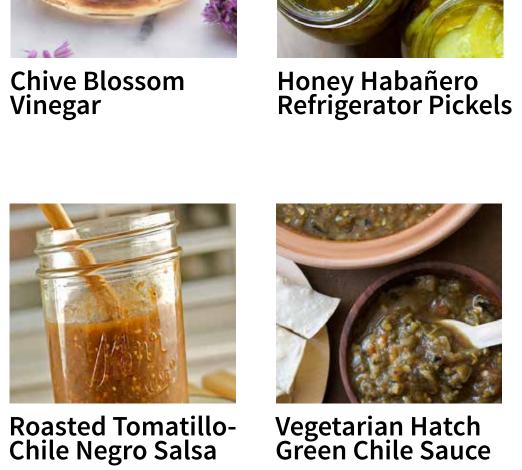




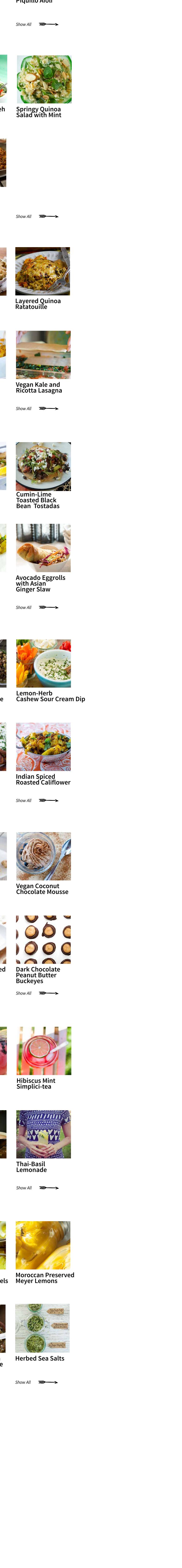












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ABOUT JENNY

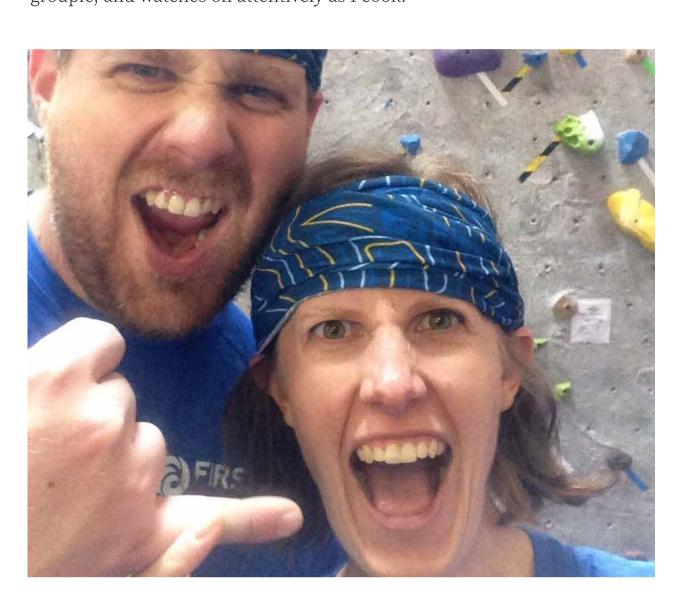


Hi! I'm Jenny and I'm glad you're here! I am a writer, photographer, and recipe developer at this here blog. In the kitchen, I'm into creating colorful, healthy, flexible recipes to suit a variety of dietary needs. Spoon With Me is about creating foods you love, that also love you back. I believe that healthy eating isn't a drag when you get creative and have a little fun with it. I am a cancer thriver, and have been living with a rare form of thyroid cancer for 7 years now. I find joy, hope and meaning in living life creatively, adventurously, curiously and unapologetically. I believe that food and nutrition are powerful tools to support our bodies through all they have to go through in this life. We can love ourselves and others by creating foods that capture our senses and fuel our bodies.

I'm always an email away for recipe questions, amusing comments, random musings, and cancer pep talks. Trolls need not correspond. You can reach me at Spoonjenny@gmail.com.

The Regulars

Two personalities frequently grace my kitchen. The Mister is my attractive food taster, copy editor, sous chef, technologist, and my rock in the ups and downs of life. Luca, my soft-coated wheaten terrier is my number one groupie, and watches on attentively as I cook.

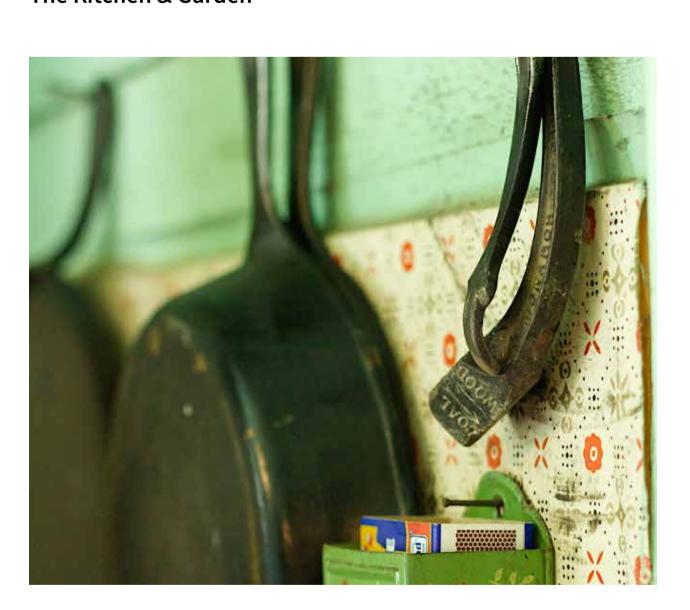


Me and The Mister: Lorem ipsum dolor sit amet, consectetuer adipiscing elit, sed diam nonummy nibh euismod



Lucca: Lorem ipsum dolor sit amet, consectetuer adipiscing elit, sed diam nonummy nibh euismod

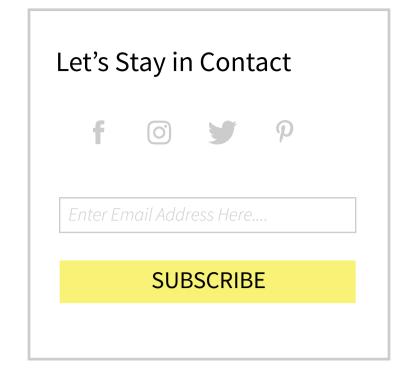
The Kitchen & Garden

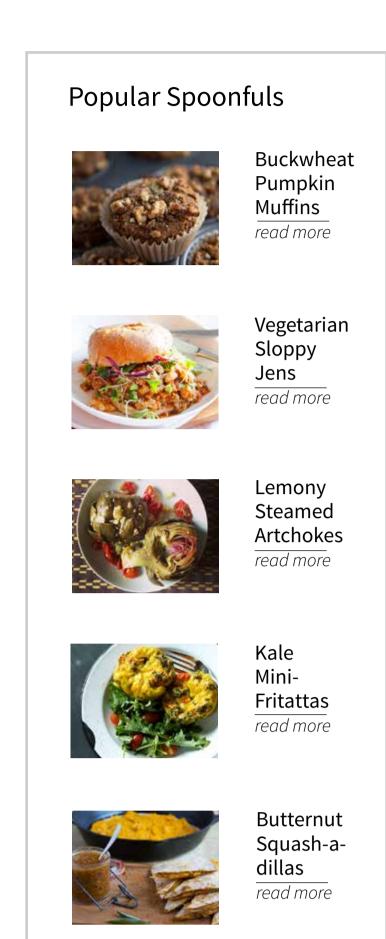


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The Garden: Lorem ipsum dolor sit amet, consectetuer adipiscing elit, sed diam nonummy nibh euismod









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Hearty Vegetable Mushroom Stew

Makes: 12 cups, 6-8 servings



INGREDIENTS

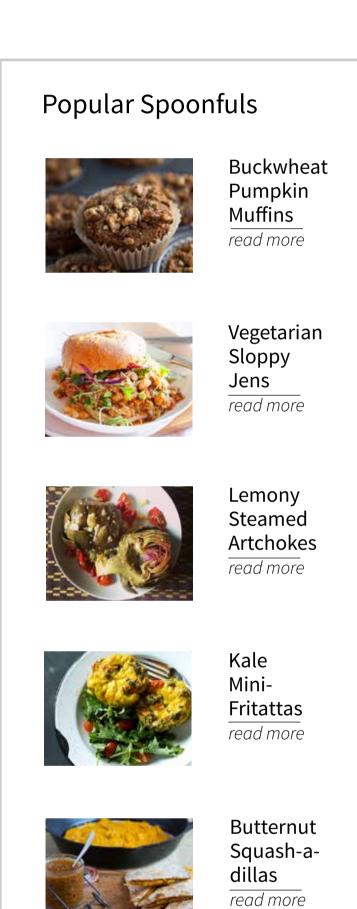
- 2 TB vegan butter
- 2 TB olive oil
- 1 1/4 lb small onions such as cipollinis, ends trimmed, peeled and quartered
 - (or use the same amount of yellow or sweet onions, diced)
 - 4 medium carrots, peeled and sliced 1/2 inch
 - 2 med parsnips, sliced 1/4 inch (8 oz)
 - 4 stalks celery, sliced 1/4 inch thick
 - 4 large cloves garlic, minced
 - 1/4 pound crimini mushrooms, chopped
 - 1/2 cup marsala wine or dark beer
 - 2 TB tomato paste
 - 1 quart mushroom broth
 - 1 quart vegetable or chicken broth
 - 1/2 cup chopped dried wild mushrooms, woody stems removed
- 1 1/2 pounds fingerling, yukon gold or red potatoes, cut 1 inch x 1/2 inch
 - 1 bay leaf
 - 1 teaspoon dried thyme
 - 1 TB Braggs liquid aminos or soy sauce, more or less to taste
 - 1 tsp worchestershire sauce (check for vegan if needed)
 - salt and pepper to taste
- 1/2 TB arrowroot starch or cornstarch, whisked into 1/4 cup cold water or broth
 - 1 TB apple cider vinegar

DIRECTIONS

Heat butter and oil in a large heavy saucepan over medium high heat. Add the onions and toss to coat. Sprinkle with salt, and cover and allow to sweat for 3-4 minutes. Uncover and sauté for 2 minutes until softened. Add carrots, parsnips and celery. Cook for 3 minutes. Add garlic and fresh mushrooms. Sauté for a few more minutes, . Deglaze plan with the marsala wine or beer, scraping any brown bits from the bottom of the pan. Add tomato paste. Stir to coat the vegetables.

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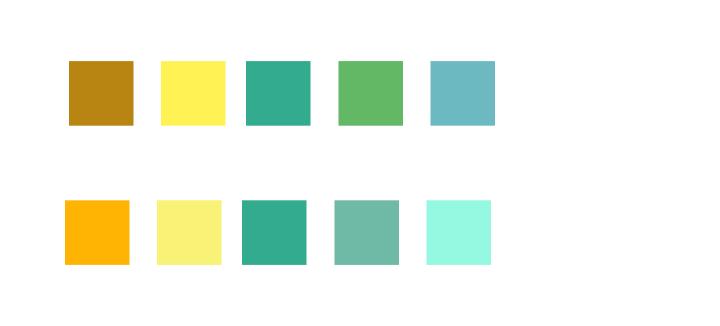
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APRIL 17, 2017 · 9:48 AM

Spring Penne with Roasted Asparagus and Chery Tomateos



It's about time we got some spring going on up in here! I've been a little sporadic here, and not because I haven't been thinking about all of you, my wonderful Spoonies! In fact, I've been thinking a lot about you and your ability to access all my recipes more easily. I'm working hard in the background to do a total revamp of Spoon With Me, to be unveiled in the near future! I can't tell you how excited I am! Besides that, let me assure you that I have not been huddled in front of a microwave waiting for my frozen meal to be finished. Quite the opposite, actually. I started feeling a little stumped on what to post for the past couple months. Sometimes when we're at a loss and inspiration seems like it's not as free-flowing as we would like it to be, the best thing to do is feed ourselves—the inspiration will grow from that.

I love listening to The Good Life podcast, and Jonathan Fields explains it like this-we have 3 buckets-contribution, connection, and vitality. In short, each bucket can only be as full as the least-full bucket, so if our vitality bucket is empty (how we nourish and take care of ourselves), we don't have enough energy to connect with others or contribute our ideas and talents to the people around us. For me, it seems counter-intuitive to pause and step back when I really really want to create, create! I think that if I could just think hard enough, a golden goose egg of an idea will just pop out of my brain. However, for me, the hamster wheel of spinning thoughts seldom produces the best ideas. Ideas need space to grow and breathe, then they just seem to appear on their own. Recently, I've been setting the table for creativity, and waiting for it to come (thanks Elizabeth Gilbert!). For me this happens when I slow down and allow myself to enjoy what I enjoy without pressure. There's been a lot of recipe ogling, cooking, playing in the garden, and art-making going on all up in here! I may not have been posting, but man, I've been eating, and creating just to create, and little by little, I've felt my blogging inspiration come back!

With the weather being warmer than any spring I remember in Colorado, I'm starting to crave lighter, brighter fare. Here's a recipe I improvised on a night I wanted dinner fast. It only takes a little chopping, one sheet pan, and in under 30 minutes, voila! You've got dinner! Perhaps I was feeling a bit Mary Poppins-ish, but I wanted the sauce to practically make itself as it cooked. The basic gist is to toss the asparagus, cherry tomato, mushrooms, an almost-obscene amount of garlic and lemon slices with olive oil on a sheet pan, and broil it until the veggies are slightly blistered and golden. Deglaze with a little white wine, and what you have in the end is perfectly roasted vegetables and a little pan sauce. Everything, including the lemon slices gets thrown into a bowl with the pasta, and the last step (almost) does itself-you'll stir everything together, making sure to push the softened lemon pulp out of the rinds where it will join with the white wine and cherry tomato juices and shallots to form a light and lemony sauce that coats the pasta.

Spring Penne with Roasted Asparagus and Cherry Tomatoes

Makes: 4-6 servings

INGREDIENTS

1/4 cup extra virgin olive oil

1 pint cherry tomatoes, about 10 ounces 8 ounces asparagus, cut into 1 inch pieces 6 ounces crimini mushrooms, halved and thickly sli

6 ounces crimini mushrooms, halved and thickly sliced 2 medium shallots, thinly sliced, about 4 oz

8 large cloves garlic, roughly chopped 2 lemons, sliced thick, seeds and ends removed 1 teaspoon chopped fresh thyme leaves

8 ounces whole wheat or brown rice penne (this is my favorite gf pasta which can be found at many local grocery stores)

½ cup dry white wine (vegetable or chicken broth will work too)
2 tablespoons chopped parsley

salt and freshly ground black pepper to taste a couple pinches crushed red pepper, optional

DIRECTIONS

Preheat broiler on low.

Bring a large pot of salted water to a boil.

Toss the cherry tomatoes, asparagus, mushrooms, shallots, garlic, lemon slices and thyme in olive oil, and season w/ salt and pepper to taste. Broil on low 4 inches from the heating element for 10-15 minutes. Cook the pasta according to package directions while the veggies are broiling. You want the cherry tomatoes to pop and be darkened in spots, the asparagus crisp-tender and slightly under-done. If the vegetables don't seem to be cooking enough, broil on high for a few minutes, watching carefully. Add the white wine and put back in the oven for a few minutes to reduce slightly.

Toss all the vegetables, including the lemon slices in a large bowl with the hot pasta. As you stir, press the inside of the lemons against the sides of the bowl– the lemon pulp will come out of the rinds to create a sauce. Remove the peels from the pasta. Season with salt, pepper, and a pinch of crushed red pepper. Garnish with the chopped parsley and serve while hot.

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Spring Veggie Shepherd's Pie



Layered Quinoa Ratatouille



Moroccan Chicken Bastilla



Vegetarian Tikka Masala



Vegan Kale and Ricotta Lasagna

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Dinner : sides



Lemony Steam Roasted Artichokes



Fresh Summer Tomato Pasta



Cumin-Lime Toasted Black **Bean Tostadas**



Red Curry Coconut Marinated Shrimp



Baked Samosa Pie



Avocado Eggrolls with Asian **Ginger Slaw**

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Mushroom Stew



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Hearty Vegetable Mushroom Stew

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INGREDIENTS

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1 pint cherry tomatoes, about 10 ounces 8 ounces asparagus, cut into 1 inch pieces

6 ounces crimini mushrooms, halved and thickly sliced 2 medium shallots, thinly sliced, about 4 oz

8 large cloves garlic, roughly chopped 2 lemons, sliced thick, seeds and ends removed

1 teaspoon chopped fresh thyme leaves 8 ounces whole wheat or brown rice penne (this is my favorite

gf pasta which can be found at many local grocery stores) 1/3 cup dry white wine (vegetable or chicken broth will work too)

2 tablespoons chopped parsley salt and freshly ground black pepper to taste a couple pinches crushed red pepper, optional

DIRECTIONS

Preheat broiler on low.

Bring a large pot of salted water to a boil.

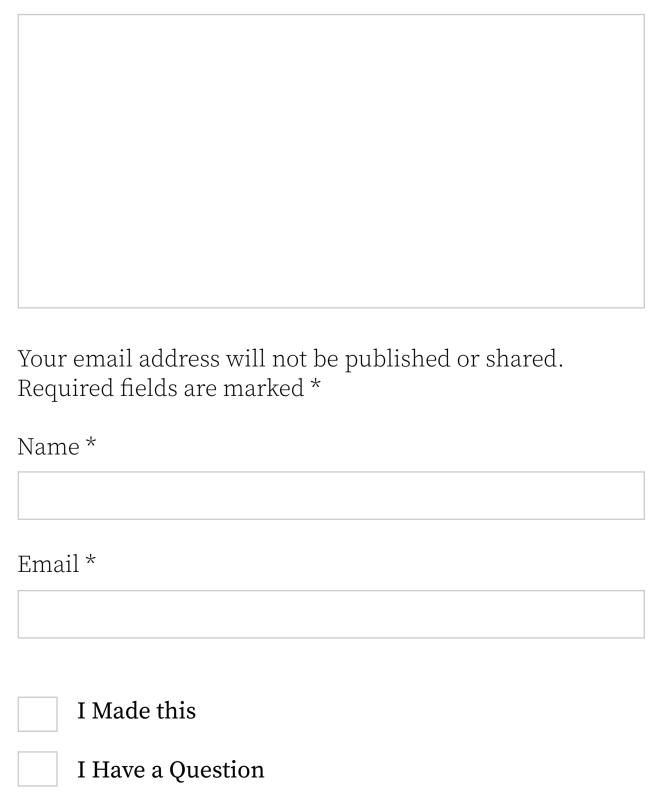
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The Face Behind the Spoon



Hi! I'm Jenny and I'm glad you're here! I am a writer, photographer, and recipe developer at this here blog. In the kitchen, I'm into creating colorful, healthy, flexible recipes to suit a variety of dietary needs. Spoon With Me is about creating foods you love, that also love you back. I believe that healthy eating isn't a drag when you get creative and have a little fun with it.

About Spoon With Me

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