

Vegetarian Stew

Ingredients

1. 3 tbsp. olive oil
2. 2 carrots, diced
3. 2 celery stalks, diced
4. 1 red onion, diced
5. 5 garlic cloves, minced
6. 1 sweet potato, peeled, diced and steamed
7. 1 can pinto beans, 15.5 ounces
8. 1 can tomato sauce, 14.5 ounces
9. 1 bag Quorn Meatless Pieces
10. 1 tbsp. ground cumin
11. 3 tbsp. Bragg Nutritional Yeast
12. 3 tbsp. Bragg Amino Acids
13. 3 tbsp. Goya Sofrito
14. 1 packet Goya Sazón with Coriander & Annatto
15. 1 tbsp. Goya Adobo
16. 10 tbsp. fresh cilantro, chopped. Include leaves and stems.
17. 1 box legume pasta shells; these are in pasta section of Stop-N-Shop.
18. 4 cups water

Steps

1. Add oil to stock pot and warm over medium heat until shimmering.
2. Add carrots and celery to pot; cook vegetables for 5 minutes.
3. Stir onion into cooked vegetables; cook an additional 5 minutes.
4. Stir in garlic and cook for 1 minute.
5. Add cumin, nutritional yeast, Sofrito, Sazón, Adobo and 5 tbsp. cilantro to pot. Stir to thoroughly mix ingredients, then let cook for 1 minute.
6. Add tomato sauce, water, amino acids, pinto beans and Meatless Pieces. Stir thoroughly.
7. Bring mixture to a boil, then add legume pasta shells.
8. Cook on low boil for 10 minutes.
9. Add steamed sweet potato and remaining 5 tbsp. cilantro. Stir thoroughly.
10. Cover pot and simmer for 20 minutes, stirring often to prevent pasta from sticking to bottom of pot.