



Vegan squash stew

Good Food team

Serves 4 Easy

Prep: 30 mins

Cook: 40 mins - 40 mins

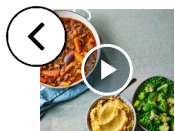


Serve this hearty, healthy vegan stew for a comforting winter dinner. It's packed with vitamin C and contains all five of your five-a-day

- Dairy-free
- Healthy
- High-fibre
- Low calorie
- Low fat
- Vegan



Alternatives



One-pan beef stew with
★★★★★ 21 ratings



Chilli con carne recipe
★★★★★ 2838 ratings



Easy chicken cass
★★★★★ 218 rating



Ingredients

2 tbsp rapeseed oil

320g large chestnut mushrooms quartered

2 bay leaves

2 tbsp fresh
rosemary

4
red onions
quartered

4
garlic cloves
thinly sliced

320g prepared
butternut squash

600ml vegetable stock
made with 1 tbsp bouillon powder

2 x 400g cans chickpeas
drained

1 tbsp
smoked paprika

4 tbsp tomato purée

broccoli and peas
to serve

For the mash

700g
swede
peeled and cut into chunks

850g
potatoes
cut into chunks

Method

Step 1

Heat the oil in a large non-stick pan over a medium heat and fry the mushrooms, bay and rosemary for about 5 mins. Tip in the onions and garlic, and cook for a few minutes more until softened.

Step 2

Add the butternut squash, stock, chickpeas, smoked paprika and tomato purée. Cover and simmer for 40 minutes until the liquid has reduced to a thick gravy.

Step 3

About 25 mins before the end of cooking time, make the mash. Bring a large pan of water to the boil and cook the swede for 5 mins, then add the potatoes and boil for 15-20 mins until tender. Drain and mash with plenty of black pepper.

Step 4

Serve half the stew and mash now, then chill the rest to reheat and eat another day. *Will keep chilled for up to three days. Reheat the stew in a pan until piping hot. The mash can be reheated in the microwave.* Serve with broccoli and peas, if you like.

