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# Vegan Irish Stew

2 tablespoons olive oil  
2 ribs celery (chopped)  
1 yellow onion (chopped)  
4 cloves garlic (minced)  
1/4 cup all-purpose flour  
4 cups vegetable broth  
1 can (473ml) vegan stout beer  
  
3 carrots (peeled and cut into chunks)  
2 parsnips (peeled and cut into chunks (optional))  
8 oz mushrooms (quartered)  
2 1/2 cups baby potatoes (halved (or about 2 regular potatoes and cut into chunks))  
1/2 cup tomato paste  
2 bay leaves  
2 teaspoons brown sugar  
1 teaspoon dried thyme leaves  
3/4 teaspoon salt  
1/2 teaspoon ground pepper

**❶** Please note that some people find this recipe bitter. I love the bitter taste, but if you do not like bitter flavors here are my tips: make sure you use a beer you like the flavor of, if you don't like it before it goes in the soup, you won't like it in the soup. You can start with less beer to taste or replace the beer completely with a vegan beefless broth. If you find the finished soup too bitter try adding fat such as 1 - 2 tablespoons olive oil, or vegan butter and some sweetness such as 1 - 2 tablespoons brown or white sugar, agave, or maple syrup.

**❷** Heat a large pot over medium-high heat. Add the olive oil, and when hot add in the celery, onion, and garlic. Sauté until the onion becomes translucent and just begins to brown about 5 minutes.

**❸** Sprinkle in the flour. Stir well to coat the veggies, and cook for another minute to heat up the flour. Add 2 cups of vegetable broth, and scrape the bottom of the pan with your spoon to get any bits off the bottom. Add in the beer, all of the remaining veggies, tomato paste, and spices. The beer will foam up, but that's ok, the bubbles and alcohol will cook right out.

**❹** Bring to a simmer and cook for 10 – 15 minutes until the veggies are fork-tender, but not mushy. The stew will be very thick! If you prefer a thinner stew, feel free to thin it out to taste with 1 to 2 more cups of vegetable broth. Remove bay leaves before serving, and enjoy hot. Allow leftovers to cool and store covered in the fridge for up to 5 days.