

Mushroom, Barley, Tempeh & Roasted Garlic Stew

Swick

Serves 4 to 6 | Active Time: 30 minutes | Total Time: 1 hour 15 minutes

- 1 bulb garlic
- 1 tbsp olive oil, optional
- 1 pkg. tempeh, sm dice
- 1 to 1 1/2 cups Mushroom Stock (or water)
- 2 tbsp soy sauce
- 1/2 tsp garlic granules
- 1/2 tsp onion granules

To start, preheat the oven to 400°F (200°C). Remove the top part of the garlic bulb and then drizzle with a tablespoon of oil (omit oil for oil-free). Wrap the garlic in foil and place into the preheated oven and roast for 30 to 40 minutes, or until the cloves are golden brown and mushy. Set aside once done.

Meanwhile, go ahead and prepare the tempeh. For the tempeh, add it to a small pot and then pour in the Mushroom Stock, soy sauce, garlic, and onion granules. If the tempeh is not fully covered, add a bit more stock to just cover it. Bring this to a simmer and let braise for about 15 minutes. Once done, remove from the pot (use a pair of tongs as it will be hot) and let cool long enough that you easily handle it without burning your hands. Once it's cool enough to handle, dry it well with paper towels and then dice into small cubes.

At this point, the tempeh can either be fried in a separate pan with a bit of oil or it can be cooked in the same pot that the stew is going to be made in. Either way, fry the tempeh, over medium-high heat for 3 to 4 minutes, or until it has browned nicely on all sides.

Once done, removed the tempeh and set aside for later.

- 1 cup diced onion (1 sm onion)
- 1 to 2 tbsp olive oil, as needed (omit for oil-free)
- 4 to 5 cups diced (or sliced) mushrooms, approx 20 oz
- 2 1/2 cups diced (or sliced) carrot (2 to 3 carrots)
- 1 cup diced (or sliced) celery (2 to 3 ribs)
- 1 sm sprig fresh thyme, or to taste
- 1 sm sprig fresh rosemary (not too big or it will overpower stew)
- 1 bay leaf
- 4 cups Mushroom Stock
- 1 tbsp gluten-free tamari or soy sauce
- 1 tbsp apple cider vinegar
- 1 cup pearl barley
- 1 cup cooked lentils, optional
- 1/2 tsp sea salt, or to taste
- 1/2 tsp freshly ground black pepper, or to taste
- 1/4 cup fresh parsley, minced (optional)

To make the stew, first heat a large pot or Dutch oven over medium-high heat. Once hot, add a tablespoon or so of oil (using stock for oil-free) followed by the onions and a good pinch of salt. Sauté the onions for 3 to 4 minutes, or just until they start to soften and brown slightly. Next, add the mushrooms and let cook for approximately 5 minutes, or until they start to release their juices and begin to brown nicely.

Next, add the carrots, celery, roasted garlic (simply squeeze it out from the skins into the pot), herbs, and Mushroom Stock, tamari, and apple cider vinegar. Bring the liquid to a gentle boil and then add the barley. Reduce the heat to medium-low (just to a simmer), cover the pot, and let the stew cook for 25 to 35 minutes, or until the carrots are soft and the barley is soft and fully cooked through.

To finish the stew, add the cooked lentil (if using) and reserved tempeh to the stew and let cook for another 5 to 10 minutes, or until everything is nice and hot.

Lastly, taste for seasoning, adding salt and pepper as desired. Once done, turn off the heat and let the stew rest for 5 minutes or so before serving it.

Serve the stew with some fresh parsley, Dijon mustard, and horseradish, if desired.