



DIJON-CURRY BEAN & VEGETABLE STEW, v1.0

¼ cup all-purpose flour
1 tablespoon brown sugar
1 tablespoon Dijon mustard
2 tablespoons Worcestershire sauce (vegan, if you prefer)
2 teaspoons curry powder
2½ cups vegetable or mushroom stock, divided
1 pound button or cremini (baby bella) mushrooms, quartered
1 tablespoon butter
1 tablespoon extra-virgin olive oil
1 large onion, chopped
1 pound carrots, peeled and cut into 1-inch chunks
1 pound Yukon gold potatoes, cut into 1-inch chunks (no need to peel)
Kosher salt and freshly ground black pepper, to taste
1 (15-ounce) can Great Northern beans, drained and rinsed
Chopped fresh parsley, for garnish
In a small bowl, whisk the flour, sugar, mustard, Worcestershire, curry powder and ½ cup stock.

Heat a large skillet or Dutch oven over medium-high. (*Note:* I made this in an 11-inch/3-quart saute pan, and it was pretty full but worked just fine. A Dutch oven would work great, too. Just make sure there's plenty of surface area for the mushrooms to sweat it out.) Add mushrooms to the dry pan. Saute 5-7 minutes, tossing frequently. They'll squeak at first as they release their liquid. Keep sauteing until they look fairly dry and are turning golden.

Add the butter and oil. Once the butter has melted, add the onion, and saute 2 minutes or until tender. Stir in the remaining 2 cups stock. Gradually add the flour mixture, whisking until it's well incorporated. Whisk 1-2 minutes or until thickened.

Stir in the carrots, potatoes and a generous hit of salt and pepper. Reduce heat, cover and simmer 25-30 minutes or until the carrots and potatoes are tender.

Uncover, and stir in the beans. Simmer 5 minutes or until heated through. Taste, and adjust seasoning as needed. If desired, serve garnished with parsley.

Serves 4-6.

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