

BEAN RAGOUT (makes 6 portions)

3 **leeks**
1 **red pepper**
1 tsp **sage**
black pepper

4 **carrots**
black pepper
splash **tamari**
1 tsp **mustard**

3 **celery** sticks
400 g **mushrooms**
black pepper

1 **onion**
1 **carrot** (grated)
2 **celery** sticks (grated)
½ tsp **thyme**
25-40 g **flour**
1 tbsp **tomato puree**
1 ltr **stock** (aguafaba + 1 dsp **miso** + 1 dsp **apple cider vinegar** + 1 tsp **sweetner** (eg agave syrup))
1 tbsp **tamari**
1 dsp **yeast extract**
¾-1 tsp **smoked paprika**

1 cup **fava beans** (soaked overnight and pressure cooked for 15 mins) or 2 cups fresh **broad beans**

150 g **cavolo nero**

800 g **potatoes** (for two portions), placed in a saucepan of cold water, brought to the boil, and simmered for 7 mins, then drained and mashed, adding oil as necessary.

Sauté (covered) the **leeks** and **red pepper**, until they start to brown, then mix in thoroughly **sage** and **black pepper**. Save to a large bowl.

Sauté (covered) **carrots**, until they start to brown, then add **black pepper**, **tamari** and **mustard**. Save with the other veg.

Without extra oil heat (covered) the **mushrooms** and **celery**, **cooking** until soft. Season with **black pepper** and save with the other veg.

Sauté (covered) the **onion**, until thoroughly browned/ caramelised. Then add some water, followed by **carrot**, **celery** and **thyme**. Cook for 5 mins.

Add the **flour** gradually, until thoroughly mixed in, then cook (covered) until lightly browned.

Stir in **puree**, mix thoroughly. Do the same with the **stock**, aiming for a smooth sauce, then add **tamari**, **yeast extract** and **smoked paprika**.

Add **curly kale**, **fava beans** and **vegetables**. Bring to the boil and simmer covered on the lowest heat for 10 mins.

Serve on mashed **potato**.