

SMOKY KIDNEY BEAN STEW (makes 6 portions)

cashew cream (see recipe below)

400 g **mushrooms**

½ tsp **chilli powder** or 1.5 tbsp Mexican chilli powder blend, or chipotle chilli powder

1.5 tsp **ground cumin**

2.5 tsp **smoked paprika**

3 tsp **cocoa powder**

¾ tsp **onion powder**

pinch of **cinnamon**

1/2 tsp **thyme**

1 large **red onion**

6 **garlic cloves**

1 **chilli**

3 **celery stalks**

1 **red pepper**

1 **potato**

1 **aubergine**

small head of **broccoli**

180 g **curly kale**

1.5 tbsp **puree**

2 tins **tomatoes**

2.25 cups **kidney beans** (soaked overnight, pressure cooked for 12 mins with 3 **bay leaves** and drained, saving the water for the stock)

½ cup **red lentils** or brown lentils

1200 ml **stock** (1 dsp **miso** + 1 dsp **tamari** + 1 tsp **yeast extract** + 1 tsp **dill** + 1 dsp **molasses**)

¼ cup **pearl barley**

Sauté **mushrooms** (without oil) until softening, then save to a bowl.

Sauté **spices** for 5-10 mins on lowest heat.

Add the **onion**, garlic and **chilli**, and cook until they start browning.

Add the **celery**, **red pepper**, **potato**, **aubergine**, **broccoli** and **curly kale**, mix well.

Add the **mushrooms**.

Add the **puree** and **tomatoes**, with a splash of stock, cook until the puree is incorporated and the mixture thickens.

Add the **kidney beans**, **lentils**, **pearl barley** and **stock**. Mix well, cover and simmer on lowest heat for 30 mins, adding more stock if necessary.

Serve in bowls with **cashew cream** and **couscous** (90 g per portion)

cashew cream

¾ cup **cashews** (soaked overnight then drained)

¼ cup **coconut milk powder**
1.5 tbsp **oil**
1.5 tbsp **lemon juice**
1.5 dsp **apple cider vinegar**
1 tsp **sweetner** (eg agave syrup)
1 tsp **mustard**
enough **water** to make into a thick cream

Blend everything together.