

BEAN RAGOUT (makes 6 portions)

500 g **leeks**
1 **red pepper**
1 tsp **sage**
black pepper

500 g **carrots** (cut in fine rounds)
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**

40 g **flour**
1 tbsp **tomato puree**
750 ml **stock** (aguafaba + 1 dsp **miso** + 1 dsp **apple cider vinegar** + 1 tsp **sweetner** (eg agave syrup))
1 tbsp **tamari**
1 tsp **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**

200 g **cavolo nero** or other kale

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.

Stir-fry, with the lid on, **leeks** and **red pepper**, until they start to brown. Save to a large bowl and mix in thoroughly the **sage** and **black pepper**.

Stir-fry, with the lid on, **carrots**, until they start to brown. Add **black pepper**, **tamari** and **mustard**, mix well and save with other veg.

Without any extra oil heat stir-fry the **mushrooms** and **celery** until soft. Season with **black pepper** and save with veg.

Sauté the **onion**, until thoroughly browned/ caramelised.

Add the **carrot**, **celery** and **thyme**, and cook for 5 mins.

Add the **flour** very gradually, stirring all the time, then cook until lightly browned.

Reduce the heat, stir in **puree**.

Then do the same with the **stock**, aiming for a smooth sauce, after which add the **tamari**, **yeast extract** and **smoked paprika**.

Add **cavolo nero**, **fava beans** and all the saved **vegetables**. Bring to the boil and simmer covered on the lowest heat for 10 mins.
Serve on mashed **potato**.