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 dsp **lemon juice**
1.5 dsp **apple cider vinegar**
1 tsp **sweetner** (eg agave syrup)
1 tsp **mustard**
water

Blend everything together.

https://a-simpler-life.co.uk/what-we-eat-some-of-those-recipes/#smoky-kidney-bean-stew