

Irish Potato and Cabbage Stew

Makes four servings

3 medium sized potatoes, diced
1 onion, diced
2 stalks of celery, diced
1 carrot, diced
2 cups of chopped cabbage
2 tbsp. of flour
6 cups of water
½ tsp. of salt
½ tsp. of freshly ground black pepper
¼ cup of chopped parsley

Dice the potato, onion, celery, and carrot. Chop the cabbage. Add the water, celery, onion, cabbage, potato, and carrot to a pot. Bring the water and veggies to a simmer and allow this to cook for 30 minutes. Put the flour in a mixing bowl. Take ¼ cup of the liquid from the pot and combine it thoroughly with the flour. Stir this flour mix back into the pot. Allow this to simmer for another 10 minutes. Chop the parsley. Remove the stew from the heat. Add in the salt, pepper, and parsley.

Per serving (1/4 of the recipe): Calories 529.2 (132.3), Calories from Fat 12.8 (3.2), Fat 1.4g (0.4g), Total Carbohydrates 116.0g (29.0g), Dietary Fiber 16.5g (4.1g), Sugars 21.5g (5.4g), Protein 13.2g (3.3g), Salt 1296mg (324.0mg), Vitamin A 350% (87.5%), Vitamin B6 73% (18.8%), Vitamin C 173% (43.3%), Calcium 18% (4.5%), Iron 22% (5.5%), Thiamin 36% (9%), Riboflavin 17% (4.3%), Niacin 38% (9.5%), Folate 46% (11.5%), Phosphorous 30% (7.5%), Potassium 66% (16.5%), Zinc 13% (3.3%), Magnesium 34% (8.5%), Copper 40% (10%)

Recipe by Chef Jason Wyrick of The Vegan Culinary Experience