

# Maple-Dijon Tempeh and Vegetable Stew

This is a lovely winter's stew that uses a variety of delicious colorful vegetables. The marinade for the tempeh does double-duty in this recipe, as it's later added to the vegetable stew to give it its rich flavor. This stew can be served over a simple whole-grain dish, like brown rice or quinoa. **Serves 4**

## TEMPEH

$\frac{1}{8}$  cup tamari

$\frac{1}{4}$  cup water

3 tablespoons pure maple syrup

2 tablespoons Dijon mustard

2 tablespoons minced garlic

2 tablespoons minced peeled fresh ginger

2 tablespoons chopped fresh thyme

4 teaspoons chopped fresh rosemary

2 teaspoons toasted sesame oil

1 teaspoon freshly ground black pepper

1 (8-ounce) package grain-based tempeh, cut into  $\frac{1}{2}$ -inch cubes

## STEW

2 tablespoons olive oil

1 large Spanish onion, diced

3 garlic cloves, minced

4 small purple potatoes (about 24 ounces total), peeled and cut into 1-inch cubes

2 large garnet yams (about 18 ounces total), peeled and cut into 1-inch cubes

2 medium carrots, peeled, roll-cut (see page 174)

2 parsnips, peeled, roll-cut (see page 174)

2 celery stalks, thickly sliced

1 fennel bulb, diced

$2\frac{1}{2}$  cups water, plus more as needed

Freshly ground black pepper

**Tempeh:** Whisk the tamari, water, maple syrup, mustard, garlic, ginger, thyme, rosemary, sesame oil, and black pepper in a medium bowl to blend. Add the tempeh and toss to coat. Cover and marinate at room temperature, tossing occasionally, for at least 30 minutes, or cover and refrigerate up to overnight.

**Stew:** Heat the oil in a large, heavy pot over medium-high heat. Add the onion and garlic and sauté until the onion is tender, about 4 minutes. Add the potatoes, yams, carrots, parsnips, celery, and fennel. Cook until the vegetables release their juices, about 5 minutes. Add the  $2\frac{1}{2}$  cups water, the marinated tempeh, and the marinade. Decrease the heat to medium-low.

Cover and simmer gently, stirring gently and occasionally, until the vegetables become tender, about 25 minutes. Add more water to create enough sauce to coat the vegetables, if necessary. Season to taste with pepper.