

Beefless Beef Stew

This recipe makes about 20 cups



Ingredients

3 blocks of tempeh or **24 oz**, cubed
3 medium-sized onions, diced
8 cloves garlic, minced (4 tsp)
6 carrots, diced
6 stalks of celery, diced
6 **tbsp** flour
2-16oz cans stout beer
4 potatoes, cubed
6 **cups** broth + 2 **tbsp**
4 **tbsp** soy sauce or liquid aminos
8 **tbsp** tomato paste (6 oz. can)
1 **tbsp** thyme
1 **tbsp** rosemary
2-4 **tbsp** brown sugar
1 **tsp** salt
1 **tsp** pepper

Directions:

1. In a large pot add 2 tablespoons of broth and the cubed tempeh. Cook for about 3 minutes.
2. Stir in diced onions and minced garlic, cooking for an additional 3 minutes.
3. Add finely diced carrots and celery, cooking for about 3 minutes until just tender.
4. Sprinkle in the flour, stirring continuously for 2 minutes to create a roux.
5. Pour in two stout beers, followed by cubed potatoes. Stir well to combine.
6. Add broth and soy sauce, stirring again to incorporate all the ingredients.
7. Mix in tomato paste, thyme, rosemary, salt, pepper, and brown sugar. Stir thoroughly.
8. Bring the mixture to a boil, then reduce the heat and let it simmer for about 20 minutes or until the stew reaches your desired thickness.
9. Add parchment paper to your trays
10. Pour ladle the stew onto trays
11. Add dividers if using. We like the 10-portion setting for this recipe
12. Pre Freeze when possible
13. Freeze dry (my cycle time was 35 hours)
14. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 divider portions or about 1 ¼ cups of freeze-dried stew to a bowl with 1 cup of hot water. Cover and let it sit for 3-4 minutes. Stir and enjoy

Notes:

You could use any meat substitute in place of the tempeh

Nutritional Value Per 1 ¼ cups pre-freeze-dried

Calories: 194 Protein: 10 g Fat: 4 g Carbohydrates: 26 g Sugar: 5 g Fiber: 3 g