

Mushroom Stew with Red Wine and Root Vegetables

Makes 3 servings

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INGREDIENTS

2 tablespoons extra virgin olive oil
1 small yellow onion, chopped
2 garlic cloves, minced
6 small red creamer potatoes, quartered (about 1 1/2 cups)
1 large carrot, chopped (about 1 cup)
1 small parsnip, chopped (about 1/2 cup)
16 ounces cremini mushrooms, quartered
1/2 cup red wine
3 cups unsalted beef stock
2, 3-inch sprigs rosemary
2, 3-inch sprigs thyme
2 tablespoons water
1 tablespoon cornstarch
1 1/2 teaspoons fine sea salt, or to taste
1/2 teaspoon ground black pepper, or to taste

PREPARATION

Heat the olive oil in a large soup pot over medium-high. Add the onion and then the garlic. Cook for 5 minutes, until the onion begins to soften. Stir in the potatoes, carrot, and parsnip. Cook for about 7 minutes, until the vegetables are browned on some edges. Stir in the mushrooms and cook 1 minute.

Reduce the heat to medium and carefully pour in the wine. Stir well to deglaze the bottom of the pan. Add the stock. Place the rosemary and thyme into the pot. Increase the heat slightly to bring to a boil. Then reduce the heat to maintain a simmer and partially cover with the lid. Cook for 20 minutes, stirring occasionally, until all vegetables are tender. Remove the herb stems and discard.

Stir together the water and cornstarch in a small dish. Pour into the soup. Increase the heat slightly to a low boil. Stir and allow the stew to thicken. Cook for about 2 minutes.

Add the salt and pepper. Let sit for 5 minutes before serving. This stew is especially good as leftovers as the sauce thickens even more when its chilled and reheated.