



# Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

## **Seitan Irish Stew**

Adapted from *Vegetarian Times*

Serves 4

2 tablespoons extra virgin olive oil  
1 medium onion, chopped  
2 carrots, sliced  
2 tablespoons flour  
8 oz. seitan, cut into 1/2-inch pieces  
4 slices smoky tempeh bacon, chopped  
2 cloves garlic, minced  
1 teaspoon thyme  
1 bay leaf  
3 cups vegetable broth  
2 cups butternut squash, peeled and cut into 1/2-inch cubes  
1 large potato, peeled and diced  
salt and pepper to taste

Heat oil in saucepan over medium-high heat. Add onions and carrot, and cook 5 minutes. Stir in flour, and cook 2 minutes more. Add seitan, tempeh bacon, garlic, thyme, and bay leaf and cook 2 minutes. Add vegetable broth, butternut squash, and potatoes, and bring to a boil. Reduce heat to medium-low, and cook 30 minutes or until vegetables are tender. Remove bay leaf, season with salt and pepper, and serve.