



Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

Cassoulet

From *Moosewood Lowfat Favorites*

Serves 4

1 tablespoon extra virgin olive oil
6 garlic cloves, minced
1 large onion, chopped
1/2 teaspoon dried thyme
3 bay leaves
1 teaspoon rosemary
1 carrot, diced
1 stalk celery, chopped
1 yellow potato, diced
1 14.5-oz can diced tomato
1/2 cup water or more
3/4 cup seitan, chopped
1 tablespoon molasses
1 tablespoon Dijon mustard
1 15-oz can kidney beans, rinsed, drained
1 15 oz-can cannellini beans, rinsed, drained
Salt and black pepper to taste

Preheat oven to 350°F and spray a casserole dish with cooking spray. In a large saucepan, heat the olive oil over medium heat, and add garlic, onions, thyme, bay leaves, marjoram, and rosemary. Sauté for about 2 minutes. Add tomatoes and cook for about 5 minutes. Stir in carrots, celery, and potatoes. Cover and simmer about 10 more minutes. Add seitan, molasses, mustard, and both kinds of beans. Add water if stew seems too thick. Return to a simmer and cook a few minutes. Add salt and pepper to taste. Transfer to casserole dish cover, and bake for about 45 minutes.

Seitan, also called wheat meat or wheat gluten, is simply pure wheat gluten that has the texture of meat when cooked. It's made by rinsing away the starch of wheat, leaving behind the high-protein gluten. You can find seitan in the dairy case and freezer at Oryana.

Cassoulet is a popular bistro dish in France and is named after the cassole, the distinctive deep round earthenware pot with slanting sides in which cassoulet is traditionally cooked.

This dish is very hearty and warming. Serve with crusty bread and red wine.