

# Hearty Brown Vega Stew

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|------------------------|---|
| 1½ cups lentils        | 1½ cups <sup>tomatoes</sup> chopped, peeled |
| 4 med potatoes, cubed  | 1 qt. water                                 |
| 3 med onions, chopped  | 1 cup dry red wine                          |
| ½ lb. mushrooms        | 2 small bay leaves                          |
| 1 clove garlic, minced | 1 tsp. basil leaves                         |
| 2 Tbsp. olive oil      | 3 Tbsp. soy sauce                           |
| 1½ cups sliced carrots | 1 Tbsp. Worcestershire Sauce                |
| 1 cup chopped celery   | Chopped parsley                             |
- Sort & wash lentils. Brown potatoes, onion, mushrooms, & garlic in oil. Add carrots & celery briefly. Add rem. ing.  
Simmer, partly covered for 1 hour.