

# Beet Bourguignon

*We found the basis for this idea at [www.greenkitchenstories.com](http://www.greenkitchenstories.com), a great website for vegetarian recipes, and loved the idea of using beetroot instead of beef to still getting a 'meaty', hearty stew. These flavours are even tastier the next day, and full of nice winter 's-nearly-over-here-comes-spring' vibes. For thicker gravy, add some arrowroot powder when adding the mushrooms, or a little cornflour. Serve with a pile of buttery mashed potatoes, tasty lentils or lightly seasoned couscous.*

## Serves 4+

- 4 tbsp olive oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 8 beetroot, peeled & quartered
- 4 carrots, peeled & chunked
- 2 sprigs thyme
- sea salt & pepper to taste
- 2 tbsp tomato purée
- 1 cup red wine
- 2 cups vegetable stock
- 3 bay leaves
- 2 tbsp olive oil
- 2 handfuls mushrooms, quartered
- 2 handfuls shallots, peeled



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Heat half the olive oil in a large iron casserole pot over medium heat. Stir in the chopped onions and garlic and sauté until soft. Add the beets, carrots, thyme, salt and pepper to the pan, and cook for a few minutes. Stir in the purée, red wine, stock and bay leaves; cover and simmer on low heat for 50 minutes. Heat the remaining oil in a pan, and cook the mushrooms and shallots gently until tender and turning golden. Season and add to the stew for the last 10 minutes. Serve with a sprinkle of fresh thyme, over lentils or mashed spuds.



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