FROM RENEE'S KITCHEN · ROWDY GIRL SANCTUARY

Mama's Vegan Beef Stew

By Renee King Sonnen, Founder and Executive Director, Rowdy Girl Sanctuary

Prep about 35 minutes
Cook about 2 hours

Yield one large pot

For my 12-year vegan anniversary, I'm making my mama's stew with Beyond Steak and a whole lot of love for the animals. This big pot feeds our sanctuary crew and keeps a family tradition alive—with compassion in every bowl.

Ingredients

8–10 Beyond Steaks, thawed and cubed
2/3 cup brown rice flour
2 tablespoons herb and spice blend, plus more to taste
About 5 tablespoons olive oil, divided
1 large yellow onion, chopped
5 large potatoes, cut into chunks
3/4 bag carrots, chopped
1/2 bag celery, chopped*
1 small can tomato sauce*
2 tablespoons tomato powder
Whole peeled canned tomatoes, hand-crushed, with juices*
12–16 cups water, added gradually
1/4 cup einkorn flour, mixed with cool water into a smooth slurry
Yondu vegetable umami seasoning sauce, to taste
1–2 cans (15 ounces each) sweet whole kernel corn, drained

Directions

1. **Coat the steak.** Whisk the brown rice flour with 2 tablespoons of herb and spice blend. Toss the cubed Beyond Steak in the mixture until lightly coated. Shake off excess flour.
2. **Brown in batches.** Heat some of the olive oil in a large, heavy stockpot over medium heat. Brown the coated cubes in batches, adding oil as needed, using about 5 tablespoons total. Transfer to a bowl.
3. **Soften the onion.** Add the onion to the pot and cook until softened. Add a splash of Yondu and a little water, stirring up the browned bits. Return the Beyond Steak and its juices to the pot.
4. **Build the base.** Stir in the tomato sauce, tomato powder, and crushed tomatoes with their juices. Slowly add 8 cups of water. Stir the einkorn slurry until smooth, then gradually whisk it into the pot.
5. **Add vegetables and simmer.** Add potatoes, carrots, and celery. Gradually add 4–8 more cups of water to cover the vegetables, for a total of 12–16 cups. Bring to a gentle simmer; reduce heat to medium-low or low. Simmer gently for about 2 hours, stirring occasionally, until vegetables are tender. Check earlier and stop when the texture is right.
6. **Finish with corn.** Add the drained corn during the final 10–15 minutes. Taste and adjust the Yondu and seasonings. Add water to loosen the stew, or simmer uncovered to reduce it. Serve warm.

Add the water gradually for a richer, thicker stew.

Beyond Meat sponsored the Beyond Steak used in this recipe.
Olive oil used: Fresh-Pressed Olive Oil Club.

Renee's Notes

*Suggested sizes: about 4 celery stalks, 8 ounces tomato sauce, and 28 ounces whole tomatoes. These sizes were not recorded in my cooking notes.

My seasoning blend includes sea salt, black pepper, marjoram, sage, rosemary, garlic powder, onion powder, harissa, parsley, and Salt Sisters' Mamma Mia's herb blend. Use a favorite savory blend; adjust salt and heat to taste.

Einkorn is wheat. This recipe is not gluten-free.

