

Root Vegetable Stew (Polish-Style)

*This hearty root vegetable stew is made using spices popular in Polish as well as Hungarian cuisines. Simple to make, perfect as a vegetarian weeknight meal, potluck or side dish. **Ready in just over 40 minutes.***

This simple, flavourful root vegetable stew has elements of Hungarian-style goulash (minus the meat) and uses spices popular in both Polish as well as Hungarian cuisines. These include paprika (the star ingredient of Hungarian [paprikash](#)) and caraway seeds, which give this stew ('*gulasz*' in Polish) a truly delicious flavour.



Root Vegetable Stew – ingredients and substitutions

- **Potatoes:** I recommend using red potatoes, baby potatoes or fingerling/salad potatoes (ex. Alexandra variety).
- **Sweet potatoes:** Feel free to adjust the ratio of white to sweet potatoes to suit your taste.
- **Carrots.**
- **Celery root/celeriac.**
- **Parsnip:** Use parsley root instead if you can get it.
- **Onion:** Use yellow or red onion.
- **Garlic:** I used 2 but you can use more if desired.
- **Tomato puree.**
- **Butter beans:** I used the beans as well as bean water (which adds more protein to the sauce).
- **Caraway seeds.**
- **Paprika:** Use mild paprika or Hungarian paprika.
- **Hot paprika:** Substitute cayenne pepper, chilli powder or kashmiri chilli powder (adds a lovely bright red colour).
- **Bay leaf.**
- **Allspice berries:** Use ⅓ tsp ground allspice instead if you prefer.
- **Stock:** I recommend using vegan beef stock as this will add lots of depth of flavour. You can also combine it with ordinary vegetable stock.
- **Redcurrant jelly:** This ingredient adds a hint of sweetness but cranberry sauce makes a good substitute.
- **Parsley:** Add a little fresh dill (1 tbsp) in addition to or instead of the parsley.

How to prepare the vegetables

The vegetables can be peeled but it's not absolutely necessary (though I would recommend peeling the celeriac or at least getting rid of the knobbly, hairy bits).

I like to cut the root vegetables into similar size chunks with the exception of potatoes as they cook quite quickly (especially sweet potatoes) and can become mushy so I cut these into larger pieces. Your vegetarian root vegetable stew is ready when the potatoes are fully cooked.

Step-by-step recipe instructions

1. Heat up the oil, add the bay leaf, allspice berries, caraway seeds, onion and garlic, stir and **cook gently** for about 3 minutes stirring often.

2. Add the rest of the vegetables and stir thoroughly.

3. Pour in most of the water, add the stock cubes, beans (along with the bean water), tomato puree and paprika, cover and bring to the boil then lower the heat to a simmer and **cook** for 35-40 minutes or until the potatoes are fully cooked. Give a stir once in a while but do this carefully.

4. Towards the end of cooking top up with the remaining water if needed and adjust the seasoning. **Remove** your root vegetable stew **from the heat**, garnish with fresh parsley and **serve**.

Serving suggestions

This vegan casserole with root vegetables works well as a vegetarian main dish and is delicious with fresh crusty bread, [soda bread](#) or garlic bread as well as cooked buckwheat, millet or barley groats. You can also serve it alongside grilled meat and sausages.

Top tips and FAQs

- You can adjust the proportions to your taste - for example use less potatoes and more carrots.
- Use 2 vegan beef stock cubes (this will give your stew lots of depth of flavour). Alternatively use 1 vegan beef stock cube and 1 ordinary vegetarian stock cube.
- I recommend adding most of the water into the stew and topping up if necessary towards the end of cooking (the vegetables will release water as they cook).
- There is no need to rinse the beans before adding into the stew (don't forget to also add the bean water).
- You may not need to add any salt into this root vegetable casserole as the stock cubes are salty.
- Try not to overcook the stew. It is ready when the potatoes are fully cooked.

- Best served hot. Leftovers can be refrigerated for up to 3 days.
- This stew with root vegetables can be made ahead and reheated when you are ready to serve it so it's perfect for a party.
- Freeze for up to 3 months.

What other vegetables can I use

This stew can be made with other root vegetables including turnip and swede/rutabaga which can be used instead of the potatoes, for example. If you want to use more vegetables (in addition to the ones in the recipe) you'll need to adjust the amount of stock and spices accordingly.

Top tip

The only root vegetable I do not recommend for this stew is beetroot as it can be a little overpowering (beetroot usually likes to be the star ingredient!).

Source: Monika at <https://www.everydayhealthyrecipes.com/root-vegetable-nests/>