My Plant-Based Family

` PLANT-BASED GOULASH
(Holly Izquierdo) (4 servings)

Holly says: “This Plant-Based Goulash uses whole food ingredients. Feel free to change it up to suit your family’s tastes. If you have kids eating it, you can increase the pasta and decrease the smoked paprika. A bag of frozen mixed veggies are a great way to add more veggies to your meal.”

INGREDIENTS

- 5 cup veggie broth, divided
- 1/2 cup diced onion
- 2 cloves of garlic, minced
- 1 bell pepper, diced
- 1/2 cup dry brown lentils
- 1 teaspoon sweet paprika
- 1/2 teaspoon smoked paprika (optional)
- 1 bay leaf
- 2 teaspoons dried Italian seasoning
- 1 15 oz can tomato sauce
- 1 15 oz can petite diced tomatoes
- 1 15 oz can red kidney beans, drained and rinsed
- 2 Tablespoons vegan Worcestershire sauce
- 2 Tablespoons soy sauce (I use tamari)
- 1 cup uncooked pasta (I used macaroni)

Instructions

- Bring 2 cups of veggie broth to a boil in a Dutch oven or big soup pot.
- Add onion, garlic, bell pepper and lentils. Stir it all together and simmer until lentils are soft and the onions are translucent, about 15 minutes.
- Add in paprika, smoked paprika if using, bay leaf and Italian seasoning. Give it a good stir.
- Dump your tomato sauce, diced tomatoes and drained kidney beans into the pot and stir again.
- Pour in 3 more cups of veggie broth, the Worcestershire sauce, soy sauce (or tamari) and dried pasta. Simmer for 10 to 15 minutes or until the pasta is soft.
- If time permits, you can simmer longer but leave plenty of time for this to cool off before eating. The pasta will continue to absorb the liquid as it sits. Salt and pepper to taste.
- If you are adding frozen veggies, feel free to add them when you add the kidney beans.

Editor’s Notes:

The recipe calls for Worcestershire sauce, which is not vegan (it contains fish). You can find vegan Worcestershire: brands include Edward & Sons, Savory Spice, and The Wizard’s. You can also make your own. Here’s an easy recipe from Karissa’s Vegan Kitchen:

VEGAN WORCESTERSHIRE SAUCE

- 1 cup apple cider vinegar
- 1/3 cup soy sauce
- 3 tbsp brown sugar
- 1 tsp dijon mustard
- 1/2 tsp allspice
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/8 tsp black pepper

Add all ingredients to a pot, and cover. Turn the heat on low. Heat until it's just barely brought to a simmer. Remove from the heat and allow to cool to room temperature. Store in a jar in the fridge for up to 1-2 months.





My Plant-Based Family is a site run by Holly Yzquierdo.with some behind-the-scenes help from her husband. It is a no-oil, whole-food plant-based site that Holly runs as “a passionate pursuit to help others reverse disease and find freedom.”