Green Evi

HUNGARIAN CARROT STEW (adapted)



1/4 cup sherry or white wine, more as needed
1 onion, diced
2 lb carrots, chopped
3 cloves of garlic, minced
1 tsp paprika powder
1/2 tsp smoked paprika
1/4 tsp chili powder
2 1/2 cups vegetable broth
1 tbsp flour of your choice (use GF if needed)
1/2 can of coconut milk*
1 small bunch of fresh parsley, chopped
Salt and pepper to taste



Pour the sherry or wine into a large pot. Add onion and carrots, and sauté for 10 minutes, stirring occasionally, or until onions are translucent. Add garlic, paprika, smoked paprika, and chili powder, and cook for 30 seconds, or until fragrant. Pour vegetable broth over veggies. Bring to a boil, then reduce heat and cover. Cook for 20-25 minutes, or until carrots are mainly soft, but still have some texture. In a small bowl, whisk together flour with 2-3 tablespoons of water. Add to carrots, and cook for another minute, stirring frequently, so the stew thickens a little.



Transfer 1/3 of the carrot stew to a blender, and blend until creamy. Add blended carrots back to the stew together with coconut milk and parsley. Stir and cook for 2-3 more minutes, until everything is heated. Season with salt and pepper to taste. Enjoy!

Editor's Note:

The coconut milk called for here is culinary coconut milk, which comes in a can, not coconut milk beverage which may not actually taste like coconut. Coconut and coconut milk are high in saturated fat, so use in moderation or sparingly. If you use it here, the leftover coconut milk will not keep well in your refrigerator. Freeze the rest in a container or containers for future use in recipes like this one.

If you want the coconut flavor but want to avoid the high fat content of coconut, leave out the coconut milk or substitute another plant milk, and add some coconut extract: an organic brand is Flavorganics.

Green Evi: Evi is a Hungarian photographer and cooking enthusiast living in Germany. "I love to spend time in my tiny kitchen, creating delicious meals for friends and family." Evi specializes in "quick and easy plant-based recipes" (and lots of Hungarian dishes!). Evi sometimes uses oil and other processed ingredients, but her recipes are full of whole plant foods and can be adapted to WFPB.

GREEN EVI
my love for vegan foods