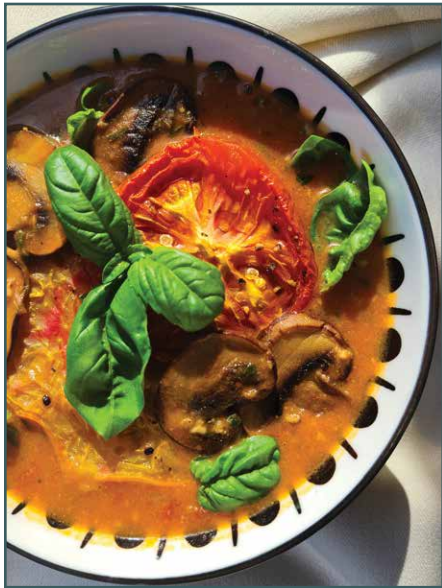




TOMATO MUSHROOM STEW



Ingredients

4-6 cups fresh heirloom, roma, or plum tomatoes, cut into wedges or thick slices	5 cups chicken or vegetable broth
2 ½ cups sliced mushrooms	¼ cup minced garlic
1 cup diced onion	¼ tsp salt
2 tbsp oil	¼ tsp ground pepper
2 tbsp butter	1 cup fresh parsley
2 tbsp flour	1 ½ cups grated parmesan cheese
1 ½ cups coconut milk	1 cup fresh basil



Instructions

Servings
4-6

Prep Time
15 mins

Bake Time
90 mins

Stove Time
40 mins

Total Time
2.5 hours

1. Preheat the oven to 375°F.
2. Clean the tomatoes, then cut them into wedges or slices. Place them in a foil-lined baking dish.
3. Roast the tomatoes for about 90 minutes at 375° F, or until soft and slightly browned.
4. When the tomatoes have about 15 minutes of roasting time left, start the stew. Add the mushrooms to your soup pot with 1 tbsp oil. Sauté over medium-high heat for 10-15 minutes. Transfer the mushrooms to a plate (or just throw them in the pan with the roasted tomatoes).
5. Add the onions to the soup pot with 1 tbsp oil. Cook until caramelized, about 5 minutes.
6. Reduce the heat to medium-low and add the butter and flour. Mix well for about 30 seconds, then slowly add the coconut milk, stirring constantly.
7. Add the broth and mix well. Bring the stew base to a boil over high heat.
8. Add the roasted tomatoes, mushrooms, garlic, salt and pepper to the soup. Simmer over medium heat for 10 minutes. **If you skip roasting the tomatoes, simmer the soup in this step for 20-30 minutes.*
9. Reduce the heat to low and stir in the chopped fresh parsley and grated parmesan.
10. Remove the stew from the heat. Serve topped with fresh chopped or whole basil leaves.