

# Vegan Cassoulet

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY HARVARD UNIVERSITY

Servings: 30 Serving Size: 8 oz.

Ingredients	Quantity	Measure
Beans, Great Northern white	2	Pounds
Mushrooms, cremini	1	Pound
Turnip, diced	2	Pounds
Onion, whole, peeled	2	Pounds
Carrot, whole, peeled, fresh	1	Pound
Celery, fresh	1	Pound
Soup base, vegetable, no MSG	4	Ounces
Thyme, fresh	2	Ounces
Parsley, Italian	2	Ounces
Bay leaf, whole	1	Each
Salt, kosher	1	Ounce
Black pepper, ground	0.5	Ounce
Olive oil, extra virgin	4	Ounces
Tomato, ¼" dice	1	Pound
Garlic, peeled	2	Ounces

## Preparation

1. Pluck and chop thyme fine. Clean and rough chop parsley. Dice onions, carrots and celery to 1". Cut in half the long way cremini mushrooms. Mince garlic.
2. Combine vegetable base with one gallon of water, Set aside.
3. Combine mushrooms with 2 oz of olive oil, salt and pepper. Lay on sheet pan and roast at 400 F for 15 minutes or until they begin to caramelize.
4. Heat oil in large stock pot. Sauté garlic, bay leaf and onions until they begin to caramelize.
5. Combine mushrooms, sautéed garlic and onions, vegetable stock and the remaining ingredients into a large roasting pan.
6. Roast the cassoulet in the oven at 350 F until vegetables are tender, 45 minutes to 1 hour.
7. Remove from oven, serve with a slice of grilled baguette.