

VEGETABLE RAGOUT

- 2 tablespoons vegetable oil
- 2 garlic cloves, minced or pressed
- 2 cups chopped onions
- 2 medium carrots, sliced in 1/2" pieces
- 4 medium celery stalks, chopped
- 1 1/2 cups cut green beans
- 2 bay leaves
- 1/2 teaspoon dry thyme
- 1 1/2 cups dry red wine
- 1 1/2 cups sliced zucchini
- 4 cups sliced mushrooms (~ 1 pound)

SAUCE

- 2 tablespoons soy sauce
- 1/2 teaspoon salt
- 1 cup vegetable stock or water
- 3 tablespoons tomato paste
- 1 teaspoon Dijon mustard
- 1 tablespoon vinegar
- 1 tablespoon molasses
- pinch of black pepper
- 1 teaspoon dried basil
- 2 medium potatoes, cut in chunks

Heat the oil in a heavy stew pot or kettle (not aluminum or cast iron because tomato and wine react chemically with these metals). Sauté the garlic, onions, carrots, celery, and green beans for 3 to 4 minutes. Add the bay leaves, thyme, and red wine and boil, uncovered, for 3 minutes. Reduce heat, cover, and simmer for 5 minutes. Add the zucchini and mushrooms. Combine the sauce ingredients and then stir the sauce into the vegetables. Simmer approximately 30 minutes, until the vegetables are tender and the flavors well blended.

While the vegetables are stewing, cook the potatoes separately in salted, boiling water until they are tender. Drain and add them to the ragout a few minutes before serving.