

## WINTER VEGETABLE STEW

2 cakes of tofu, pressed and cubed  
1/4 cup miso  
3 tablespoons vegetable or peanut oil  
2/3 cup tahini  
2 cups chopped onions  
1/4 cup peanut butter  
3 garlic cloves, minced or pressed  
4 teaspoons tamari soy sauce  
1/4 teaspoon cayenne  
2 tablespoons cider vinegar  
3 cups quartered mushrooms (12 ounces)  
salt to taste  
3 cups vegetable stock or water  
1 tablespoon cornstarch dissolved  
2 cups cubed sweet potatoes  
in 1 tablespoon water (optional)  
2 cups chopped carrots  
1 cup peeled, cubed parsnips  
1/4 cup chopped fresh parsley  
2 cups peeled, cubed turnips  
1/2 cup chopped scallions

1. Prepare the tofu.
2. Heat the oil in a large stew pot. Sauté the onions, garlic, and cayenne until the onions are translucent. Add the mushrooms and continue to sauté for 5 minutes more, stirring occasionally. Add the stock or water, cover, and bring to a boil. Add the remaining vegetables and simmer for 15 minutes. Add the tofu and continue simmering for another 5 minutes, until the vegetables are tender.
3. Ladle one cup of hot broth into a mixing bowl. Add the miso and mash it until it dissolves. Stir in the tahini and peanut butter and mix until smooth. Add the soy sauce and vinegar. Pour this mixture into the pot of simmering vegetables, stirring gently. Adjust the seasonings with more soy sauce or salt to taste. For a thicker sauce, stir in the cornstarch dissolved in water.
4. Serve on rice or couscous. Garnish with chopped parsley and scallions