Vegan Mushroom Stew

4 Tbsp olive oil

3 medium yellow onions, diced

5 carrots, sliced

5 stalks celery, sliced

Salt and pepper, to taste

2 lbs mushrooms, halved (quartered if they are very large)

12 garlic cloves, minced

1 Tbsp thyme

1 Tbsp oregano

1 tsp sage

4 Tbsp flour

½ cup balsamic vinegar

4 Tbsp soy sauce

2 lbs yellow potatoes, quartered

2 cups red lentils, uncooked

1 28 oz can crushed tomatoes

1 15 oz can diced tomato

6 cups vegetable broth or water (more as needed)

3 bay leaves

Parsley, for garnish

Heat oil on medium. Add onion, carrot, celery and a few pinches salt and pepper. Cook 8 mins, stirring occasionally.

Add mushrooms, garlic, thyme, oregano, and sage. Cook 3-4 mins. Stir frequently.

Add flour. Cook and stir 1 min. Deglaze with balsamic vinegar and soy sauce.

Add potatoes, lentils, tomatoes, broth, and bay leaves. Cook on med-high, stirring occasionally. Reduce heat; simmer 10-15 mins until potatoes are done.

Season with salt and pepper. **Remove bay leaves.** Garnish with parsley.