

Nutmeat Stew

A healthy, hearty, traditional stew made with one of my all-time favourite meat alternatives (since I went vegan in 1983), [Sanitarium's Nutmeat!](#)

Ingredients

- 2 medium onions, chopped
- 1 large green capsicum, chopped
- Approximately 700 grams (1.5 pounds) potatoes, diced
- 1 teaspoon minced garlic
- 2 tablespoons vegetable oil
- 415 gram (14.6 ounces) can crushed tomatoes
- 415 gram (14.6 ounces) can of Nutmeat (or other protein-rich meat alternative)
- 300 millilitres (.6 of a pint) of water
- 2 tablespoons soy sauce
- ½ teaspoon pepper
- 2 teaspoons paprika
- 1 teaspoon curry powder
- 1 tablespoon tomato paste

Method

1. Heat the oil in a large saucepan and sauté the onions, capsicum, potatoes, tomato paste and garlic for 5 minutes, stirring frequently.
2. Add tomatoes and spices. Cook for another 5 minutes.
3. Add Nutmeat, water, and soy sauce.
4. Bring to the boil, cover, and simmer for 30 minutes, or until potatoes are cooked and most of the liquid is absorbed. Serve with rice or warm, crusty bread.

