



Highlighting - Beets

Savory Healthy Hungarian Stew

Adds sweet, earthy flavor and a vibrant color from the healthy beets

- 2 Tablespoons olive oil, divided
- 12 to 16 ounces plant-based ground meat or lean beef
- Sea salt; ground black pepper to taste
- 1 cup sliced fresh mushrooms
- 1 cup diced onion
- 1 cup fresh peeled, diced red or golden beets
- 1/2 cup (each) diced celery; thin sliced carrots
- 1 garlic clove, minced
- 1/8 cup tomato paste
- 1 Tablespoon Hungarian paprika
- 1 teaspoon (each) ground cumin; ground coriander; caraway seeds
- 1/4 cup dry red wine
- 2 Tablespoons all-purpose flour
- 1-1/2 cups low sodium beef or bone broth
- 2 to 4 Tablespoons chopped fresh parsley
- 1 teaspoon red wine vinegar

For Pasta:

1/2 lb. dry egg noodles (according to package directions)

1/4 cup unsalted butter

2 to 4 Tablespoons chopped fresh parsley

Sour cream or plain yogurt as desired

Cook Plant Baked Beef: Place sauté pan over medium high heat; add 1 Tablespoon oil into pan; when hot; add plant-based ground meat; break into pieces; allow to brown in pan 2 to 3 minutes; season with salt and black pepper; Stir scraping bottom of pan until browning, around 5 minutes; remove from pan; set aside on a dish.

Cook Vegetables: Reduce heat to medium; add 1 Tablespoon oil, the mushrooms, and onions; sauté 2 minutes; add beets, celery, and carrots; cook until beginning to soften, about 6 to 10 minutes. Add garlic. Mix in tomato paste, paprika, cumin, coriander, and caraway; stir in the cooked plant-based meat.

Deglaze Pan with wine and cook until nearly evaporated 1 minute. Stir flour into broth; stir into vegetable mixture; bring to a boil; reduce heat; cook about 20 minutes to soften vegetables and thicken sauce. Add more broth if sauce is too thick. Add parsley and vinegar.

For the Pasta, cook noodles in a large pot of boiling salted water according to package directions. Drain noodles and toss with butter and parsley.

To Serve: Arrange Hungarian stew over noodles and garnish with sour cream.

Serves: 4-6

Cook's Note: Hungarian paprika can be found in sweet or spicy variations. Use the one you prefer. The red beets will make your sauce very red. You can use golden beets if desired.

About the Recipe: This hearty stew is a comfort dish that is usually made with beef chuck roast. We used a plant-based ground “meat” substitute and flavored the vegetables with paprika. Adding the beets enhances the rich color and adds an earthy depth to the dish, and the cumin provides a complex nutty quality. Serve the stew over buttered noodles with a dollop of sour cream or unsweetened yogurt.

Some Healthy Benefits:

Beets are enjoying their much-deserved place at the center stage of a healthy diet. They're not only chock-full of essential everyday nutrients like B vitamins, iron, manganese, copper, magnesium, and potassium, these ruby gems also are a goldmine of health-boosting nutrients that you may not get anywhere else.”
(*Health.com*)

Beets are one of the world's healthiest vegetables in part because they are a unique source of betalains, a type of phytonutrients. More specifically, beets contain betanin and vulgaxanthin, among others, and these are shown to provide antioxidants, offer anti-inflammatory benefits, and support detoxification.

For More Information See:

<https://www.chefs-garden.com/blog/september-2019/health-benefits-of-beets-they%E2%80%99re-hard-to-beat>

<https://www.chefs-garden.com/blog/august-2018/nutritional-benefits-of-beets>

Some Cooking Hints:

Roast a mix of small Chef's Garden baby beets with olive oil and salt. "Then wrap them in foil and give them a quick peel," he said. "That salty flavor helps with the earthiness."

The chef tosses the peeled beets with lemon oil and blueberry balsamic vinaigrette. The oil and the acidity also help to mellow the earthy flavor, he said. He plates the dressed beets on fresh greens alongside an almond goat cheese croquette. "Goat cheese and beets," he said, "are like peanut butter and jelly."

For More Information See:

<https://www.chefs-garden.com/blog/september-2018/mixing-methods-maximizes-beets%E2%80%99appeal>

<https://www.farmerjonesfarm.com/blogs/recipes/glazed-beets>