



Rich Brazilian Vegan Stew with Cauliflower, Cashews and Coconut Milk Stew



Dairy Free



Popular

READY IN



60 min.

SERVINGS



8

CALORIES



310 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce canned tomatoes diced canned
- ☐ 2 tablespoons deinde oil canned (if you can find it; omit if not)
- ☐ 0.5 cup lightly and roasted cashew halves and pieces salted
- ☐ 3 pounds cauliflower separated trimmed
- ☐ 1.5 cups no-chicken stock (vegan chicken stock or vegetable stock)
- ☐ 1 package so delicious dairy free original culinary coconut milk (equivalent to 115.5-ounce can coconut milk)
- ☐ 0.5 cup cilantro leaves fresh chopped for garnish

- ☐ 3 garlic cloves minced
- ☐ 3 tablespoons juice of lime fresh
- ☐ 8 ounce morningstar farms "meal starters" chick'n strips thawed cut into bite-size pieces (feel free to substitute seasoned seitan)
- ☐ 1 cup onion finely chopped
- ☐ 0.1 teaspoon smoke paprika (if not using dende oil, use)
- ☐ 4 tablespoons vegetable oil; peanut oil preferred divided
- ☐ 0.5 cup lightly and roasted peanuts salted
- ☐ 0.3 cup scallions whole sliced
- ☐ 8 servings sea salt and pepper freshly ground
- ☐ 0.3 teaspoon turmeric (if not using dende oil, use 1 teaspoon)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ dutch oven

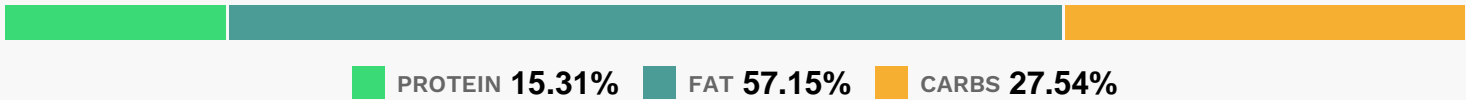
Directions

- ☐ Place the lime juice and garlic in a medium, non-reactive bowl.
- ☐ Add cauliflower florets, sprinkle with a little salt and pepper, and toss to coat.
- ☐ Let marinate at room temperature while you prepare the other ingredients.
- ☐ Place the Chick'n Strips or seitan in another medium bowl, and toss with 2 tablespoons of the dende oil, if using. (If not, omit this step.)
- ☐ Let marinate, also at room temperature, while you continue with the recipe. In the bowl of a food processor, process the cashews and peanuts with short pulses until they are very finely chopped, stopping before they release their oil and become a paste.
- ☐ Pour 2 tablespoons of olive or peanut oil in a large cast iron skillet, add cauliflower florets in one layer, sprinkle with salt, and cook over medium-high heat or just a little higher, until they

are lightly browned, about 8 minutes. Stir to loosen them from the bottom of the pan as necessary.

- ☐ Remove the florets to the bowl in which they were marinated.
- ☐ Add the remaining 2 tablespoons of olive or peanut oil to the skillet and heat to sizzling.
- ☐ Add onion, scallions, and a pinch of salt, and saute, stirring occasionally and scraping up the brown bits on the bottom of the pan, until the onions are soft and develop some color, about 3 minutes.
- ☐ Add the tomatoes, juice and all, and nuts, stirring to blend, and cook for about 1 minute to heat through.
- ☐ Transfer to a heavy lidded pot like a Dutch oven.
- ☐ Place the pan back on the heat, add the coconut milk, no-chicken or vegetable stock, turmeric, and paprika, and bring the sauce to a simmer.Reduce the heat to the lowest temperature possible, and add the cauliflower and Chick’n Strips or seitan. Cover the pot and barely simmer for 25 to 30 minutes.Season to taste with salt and pepper, garnish with cilantro, and serve, if desired, with cooked rice or faro.

Nutrition Facts



Properties

Glycemic Index:40.7, Glycemic Load:3.84, Inflammation Score:-9, Nutrition Score:24.037826030556%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 309.98kcal (15.5%), Fat: 20.82g (32.03%), Saturated Fat: 3.18g (19.89%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 15.79g (5.74%), Sugar: 6.68g (7.42%), Cholesterol: 1.42mg (0.47%), Sodium: 707.01mg (30.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.55g (25.11%), Vitamin C: 88.76mg (107.59%), Vitamin B1: 0.91mg (60.99%), Manganese: 0.94mg (47.1%), Vitamin K: 46.73µg (44.5%), Folate: 152.74µg (38.18%),

Fiber: 6.79g (27.16%), Vitamin B6: 0.5mg (25.05%), Phosphorus: 226.5mg (22.65%), Potassium: 783.17mg (22.38%), Magnesium: 84.01mg (21%), Copper: 0.38mg (18.93%), Vitamin B3: 3.45mg (17.24%), Iron: 2.63mg (14.61%), Vitamin B5: 1.46mg (14.6%), Selenium: 10.02µg (14.31%), Vitamin E: 1.96mg (13.07%), Vitamin B2: 0.2mg (11.51%), Calcium: 114.86mg (11.49%), Zinc: 1.54mg (10.25%), Vitamin B12: 0.57µg (9.52%), Vitamin A: 415.86IU (8.32%)