DÉJÀ STEW (Robin Robertson)

This recipe is adapted from Robin Robertson, *Vegan on the Cheap*. You can use leftover vegetables instead of fresh—in fact, that's what makes it déjà. A great recipe to clean out your refrigerator, or to make on a day when you are strapped for time.

¼ cup water, sherry, or wine, or more as needed
1 large onion, chopped
1 cup vegetable stock or water (if using water add ¼ tsp salt)
½ tsp dried thyme
½ tsp dried savory or basil
2 cups diced seitan, tempeh or tofu
3 potatoes, peeled and diced
2 carrots, sliced in coins
One 14.5 can diced tomatoes
1 cup frozen peas

In a large pot, add the liquid and cook the onion over medium heat until softened, about 7-10 minutes. Add the remaining ingredients and cook until the potatoes and carrots are fork-tender, about 20 minutes. If you use leftover potatoes and carrots, the cooking time will be shorter. Feel free to add other vegetables or beans to this basic set of ingredients. Serve hot.

Robin Robertson is a prolific author of vegan cookbooks whose recipes never fail to inspire. Her "Quick-Fix" series—*Quick-Fix Vegetarian* (the recipes are all vegan), *Quick-Fix Vegan,* and *More Quick-Fix Vegan* are gems, as is the book this recipe comes from, *Vegan on the Cheap*.

You can find lots of Robin Robertson's recipes at her website, "Global Recipes from My Vegan Kitchen."





