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# Portobello Pot Roast

with quinoa

Our plant-based pot roast full of meaty portobellos and other hearty vegetables in a thick sauce is reminiscent of those feel-good Sunday family dinners.

### INGREDIENTS

( marks weekend prep items)

2⁄3 cup quinoa rinsed & drained (≈2 cups)

1 tablespoon arrowroot powder (or cornstarch)

2 portobello mushrooms

 stemmed, gills scraped out & sliced (≈8 oz)

3 cloves garlic

 minced (≈1 tablespoon)

1⁄3 (32-fl oz) carton low-sodium vegetable broth (≈1 1⁄2 cups)

2 tablespoons tomato paste

12 oz red potatoes scrubbed & cut into large dice (≈2 cups)

1 yellow onion

 chopped (≈1 cup)

2 carrots

 halved lengthwise & chopped

1⁄2 teaspoon dried rosemary

1⁄4 teaspoon dried thyme

1 dried bay leaf

5 oz frozen green peas (≈1 cup)

sea salt

freshly ground black pepper

### YOU'LL NEED

saucepan with lid (2)

### RECIPE TIPS

**Arrowroot Powder:** If arrowroot is unfamiliar or unavailable to you, you can substitute cornstarch or tapioca starch. If using cornstarch, be sure to boil the

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### GET READY

**1**

**PREPARE GRAINS**

In a saucepan over high heat, bring **quinoa** and **1 1⁄3 cups water**to a boil. Reduce heat to low, cover, and simmer for 20 minutes. Remove from heat and let cool; fluff **quinoa** with a fork

### BRING IT TOGETHER

**2**

**PREPARE ARROWROOT**

Meanwhile, in a bowl, mix **arrowroot** with **2 tablespoons water**.

**3**

**SAUTÉ PORTOBELLOS**

In a saucepan over medium heat, cook **portobellos** and **garlic**, stirring occasionally, for 3 to 4 minutes. Add **vegetable broth** 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking.

**4**

**MAKE POT ROAST**

Add **tomato paste** and cook until it starts to brown, 1 to 2 minutes. Add remaining **broth**, **potatoes**, **onions**, **carrots**, **rosemary**, **thyme**, and **bay leaf**. Increase heat to high, cover, and bring to a boil. Reduce heat to medium-low and simmer until vegetables are very tender, 10 to 15 minutes.

Add **peas** and cook for 2 minutes. Add **arrowroot** mixture and cook just until **broth** has thickened.

**5**

**SERVE**

Remove **bay leaf**. Season with **salt** and **pepper** to taste. Serve alongside **quinoa**.

Suggested adult serving: 2½ cups

Store any leftover portobellos and quinoa in separate airtight containers in the refrigerator for up to 3 days.