



Martha's Best Mushroom Bourguignon with Mashed Potatoes

 30-40min  2 Servings

We've put a vegetarian spin on a French culinary masterpiece, beef bourguignon, and it's so rich you won't miss the meat! We simmer mushrooms with aromatics, tomato paste, tamari, and fresh rosemary. The vibrant mix of veggies, herbs becomes a hearty, silky stew that's perfect for serving over creamy mashed potatoes. The only thing missing from this bistro-style meal is a robust glass of burgundy wine. Bon appétit!

What we send

- 2 potatoes
- garlic
- ¼ oz fresh rosemary
- ½ lb mushrooms
- 1 yellow onion
- 3 oz carrots
- 6 oz tomato paste
- ½ oz tamari soy sauce ²
- ¼ oz fresh parsley

What you need

- kosher salt & ground pepper
- olive oil
- all-purpose flour (or gluten-free alternative)
- butter ¹
- ⅓ c milk ¹
- red wine vinegar

Tools

- medium saucepan
- medium Dutch oven or pot
- potato masher or fork

Allergens

Milk (1), Soy (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 550kcal, Fat 27g, Carbs 69g, Protein 12g



1. Cook potatoes

Peel **potatoes**, then cut into 1-inch pieces. Place potatoes in a medium saucepan along with **1 large peeled garlic clove**, **1 rosemary sprig**, and enough **salted water** to cover by 1 inch. Cover and bring to a boil. Uncover and cook until potatoes are easily pierced with a fork, about 12 minutes. Drain, discard rosemary sprig, and return potatoes to saucepan. Cover to keep warm off heat.



4. Finish bourguignon

To pot with **vegetables**, stir in **tamari**, **1 teaspoon vinegar**, and **1 cup water**. Bring to a simmer over medium heat. Reduce heat to medium-low, cover, and cook until vegetables are tender and sauce resembles a thick stew, 10-15 minutes. Season to taste with **salt** and **pepper**.



2. Sauté mushrooms & carrots

Halve **mushrooms** (quarter, if large). Finely chop **onion**. Scrub **carrot**, then cut crosswise into 1½-inch pieces (halve or quarter lengthwise, if large). In a medium Dutch oven or pot, heat **1 tablespoon oil** over medium-high. Add mushrooms and cook, stirring occasionally, until browned and any liquid is evaporated, about 10 minutes.



5. Mash potatoes

Return saucepan with **potatoes** to medium heat. Add **2 tablespoons butter** and **⅓ cup milk**; use a potato masher or fork to mash until smooth. Season to taste with **salt** and **pepper**. (Add more milk as needed to reach desired creaminess.)



3. Add aromatics & flour

Meanwhile, finely chop **1½ teaspoons rosemary leaves** and **1 teaspoon garlic**. To pot with **mushrooms**, add **onions**, **carrots**, and **1 tablespoon oil**. Cook, stirring, until vegetables are softened, about 5 minutes. Stir in **chopped garlic and rosemary** and **1 tablespoon each of tomato paste and flour**; cook until fragrant and tomato paste is slightly darkened, about 1 minute.



6. Finish & serve

Finely chop **parsley leaves and stems**. Serve **mashed potatoes** with **mushroom bourguignon** spooned over top and garnish with **parsley**. Enjoy!