

**Vegetarian cassoulet** (adapted from [Moosewood Collective](#))

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**Ingredients:**

1 tbsp. olive oil  
6 garlic cloves, minced or diced  
1-1/2 cups chopped onions  
1/2 tsp. dried thyme  
3 bay leaves  
1/2 tsp. dried marjoram  
1 tsp. fresh or dried rosemary  
1/2 cup dry red wine  
1 cup peeled and diced carrots  
3/4 cup diced celery  
1 cup diced potatoes  
1 cup diced tomatoes  
3/4 cup pepperoni seitan  
1 tbsp. molasses  
1 tbsp. Dijon mustard  
1-1/2 cups kidney beans (one 15 oz. can, drained)  
1-1/2 cups cannellini beans (one 15 oz. can, drained)  
Salt and pepper to taste

**Instructions:**

Preheat oven to 350°F.

In a large saucepan, warm the olive oil, and add garlic, onions, thyme, bay leaves, marjoram, and rosemary. Sauté for about 2 minutes.

Add wine, cover, and simmer until the onions are soft (5 minutes or so). Stir in carrots, celery, potatoes, and tomatoes. Cover and simmer about 10 more minutes.

Add seitan (if using it), molasses, mustard, and both kinds of beans. Return to a simmer, until the beans, etc. are warmed through.

Add salt and pepper to taste and transfer to a casserole dish that has been oiled (with cooking spray if you want it low calorie), cover, and bake for about 45 minutes.

Reheats well if you have leftovers.