

COOKING FOR WELLNESS

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Spinach colcannon recipe

★★★★★

Vegetarian irish colcannon recipe is the perfect Irish side dish: mashed potatoes with green onions and spinach. Make this easy side dish today and amaze your family with its ease and flavor.

Course Side Dish

Cuisine Irish

Keyword Irish mashed potatoes, vegetarian colcannon, vegetarian irish colcannon

Prep Time 10 minutes

Cook Time 20 minutes

Total Time 30 minutes

Servings 4 servings

Calories 335kcal

Author [Ksenia Prints](#)

Equipment

- [potato masher](#)
- [Non-stick pan](#)

Ingredients

- 4 potatoes peeled and chopped
- 5-6 tablespoons butter
- 3 cups chopped spinach
- ½ cup green onions minced
- 1 cup milk or cream
- Salt and pepper

Instructions

1. Boil potatoes until fork tender, about 15-20 minutes. Drain.
2. Melt butter in pan over medium-high heat. Add spinach and green onions. Cook 1-2 minutes until wilted.
3. Mash potatoes with milk or cream.
4. Add spinach mixture to potatoes. Mash together.
5. Season with salt and pepper.
6. Serve hot with extra butter.

Notes

Nutrition

Serving: 1g | Calories: 335kcal | Carbohydrates: 42g | Protein: 7g | Fat: 16g | Saturated Fat: 10g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 4g | Trans Fat: 1g | Cholesterol: 45mg | Sodium: 168mg | Potassium: 1152mg | Fiber: 6g | Sugar: 5g | Vitamin A: 2775IU | Vitamin C: 51mg | Calcium: 136mg | Iron: 2mg

Spinach colcannon recipe <https://immigrantstable.com/vegetarian-irish-colcannon/> March 5, 2024



Irish Soda Bread Muffins

So who says Irish soda bread HAS to be made in a round or loaf pan? These tender, Americanized Irish soda bread muffins are bursting with tiny, sweet currants and a hint (or a hit, your choice) of caraway. They're the perfect offering for St. Patrick's Day — particularly if you're looking to celebrate with something other than corned beef and cabbage! Eat them any time of day: They're slightly sweeter than their traditional Irish Soda Bread counterparts.



	PREP	BAKE	TOTAL	YIELD
	10 mins	20 mins	30 mins	12 muffins

Ingredients

- 1 1/2 cups (180g) King Arthur Unbleached All-Purpose Flour
- 3/4 cup (85g) King Arthur Golden Wheat Flour or 3/4 cup King Arthur Irish-Style Flour
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon table salt
- 1/3 cup (74g) granulated sugar
- 1 1/4 cups (177g) currants or 1 1/4 cups (186g) raisins, currants preferred
- 1/2 to 2 teaspoons caraway seeds, to taste
- 1 large egg
- 1 cup (227g) buttermilk, yogurt, or sour cream
- 6 tablespoons (85g) butter, melted; or 1/3 cup (67g) vegetable oil
- coarse sparkling sugar, for topping

Instructions

- ① Preheat the oven to 400°F. Lightly grease a standard muffin pan; or line with papers, and grease the papers.
- ② In a medium-sized mixing bowl, whisk together the flours, baking powder, baking soda, salt, sugar, currants or raisins, and caraway seeds.
- ③ In a separate bowl, whisk together the egg, buttermilk (or equivalent) and melted butter (or equivalent).
- ④ Quickly and gently combine the dry and wet ingredients; honestly, this won't take more than a few stirs with a bowl scraper or large spoon. As soon as everything is evenly moistened, quit; further stirring will cause the muffins to be tough.
- ⑤ Spoon the batter into the prepared pan, filling the cups about 3/4 full; the stiff batter will look mounded in the cups. Top with sparkling white sugar.
- ⑥ Bake the muffins for 20 minutes, until a cake tester inserted into the center of a muffin comes out clean. Remove them from the oven. Tip the muffins in the pan, so their bottoms don't get soggy. Wait 5 minutes, then transfer the muffins to a rack to cool. Serve them plain, or with butter and/or jam.









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Vegetarian Irish Stew with Lentils and Mushrooms



4.20 from 21 votes

This vegetarian Irish stew is like a cozy hug. It's made with lentils, mushrooms, root veggies, and (optional) Irish stout beer. Naturally vegan and packed with 20g of plant protein per serving, it's easy to prep ahead and slow-simmer to perfection. Great for chilly evenings or a festive St. Patrick's Day dinner!

 Course	Main Course, Soup
 Cuisine	dairy-free, Holiday, Irish, St. Patrick's Day, vegan, vegetarian
 Prep Time	10 minutes
 Cook Time	1 hour
 Total Time	1 hour 10 minutes
 Servings	4 people
 Calories	464kcal
 Author	Stephanie McKercher, RDN

Equipment

- Knife and cutting board
- Large pot

Ingredients

- 2 tablespoons olive oil
- 3 large carrots halved lengthwise and then cut into 1-inch pieces
- 1 medium yellow onion diced
- 8 ounces white mushrooms quartered
- 3 cloves garlic minced
- ¼ cup tomato paste
- ¼ cup flour
- 2 teaspoons dried thyme
- 1 teaspoon salt or to taste
- ¼ teaspoon cracked black pepper or to taste
- 1 (11.7-14.9-ounce) bottle or can Irish stout beer (such as Guinness, see note 1)
- 4 medium gold potatoes chopped into 1-inch pieces (about 4 cups)
- 1 cup dry lentils
- 4 cups vegetable broth

Optional for serving:

- 2 tablespoons chopped fresh parsley
- Fresh bread toasted if desired

Instructions

1. Pour oil into a large pot over medium-high heat. Once hot, stir in carrot and onion and cook 6 mins, stirring occasionally with a wooden spoon, or until onion is translucent. Stir in mushrooms, garlic, and tomato paste, and cook 4 minutes, or until mushrooms darken. Stir in flour until vegetables are evenly coated. Stir in thyme, salt, and pepper until evenly mixed.
2. Pour in the stout and scrape any bits stuck to the bottom of the pot with your wooden spoon.
3. Add potatoes, lentils, and broth. Bring to a boil over high heat, and then reduce heat to low and simmer uncovered 45 minutes, stirring occasionally, or until lentils and vegetables are tender and the liquid is reduced and thickened. Scrape the bottom of the pot with your wooden spoon as needed for sticking. If there is not enough stew liquid, gradually stir in more water or vegetable broth until desired consistency is reached. If you add too much liquid, continue cooking uncovered until reduced. Taste and adjust seasoning if desired.
4. Garnish with chopped parsley and serve with bread if desired.

Notes

1. **Beer:** I tested this recipe with both a (11.7-ounce) bottle and (14.9-ounce) can of Guinness. Use either size or another type of stout beer if desired. To make this recipe without beer, substitute 1 ½ cups water or vegetable broth for the stout. You can also substitute N/A beer if desired.
2. **Gluten free:** Use gluten-free stout (or water or broth) and gluten-free flour.
3. **Storage:** Store in an airtight container in the refrigerator up to five days.
4. **Freezing:** Store in a freezer bag in the freezer up to 3 months. Thaw overnight in the fridge.
5. **Reheating:** Microwave in 30 second increments until warm, stirring in between. You can also warm up the stew in a pot over medium heat on the stovetop, adding more water or broth as needed, until warm. Stir in additional water or vegetable broth if the stew is too thick.
6. Nutrition facts are estimates only and do not include optional ingredients for serving.

Serving Suggestions:

- Tempeh Shepherd's Pie
- Vegan Potato Leek Soup
- Roasted Cabbage Caesar Salad
- Vegetarian Herb Stuffing with Brown Butter and Walnuts
- Vegan Sweet Potato Casserole
- Creamy Vegan Mushroom Gravy with Rosemary and Thyme

This recipe originally appeared on GratefulGrazer.com.