

White Bean Stew

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 50 minutes

Step 1: Making the Stew

- 1 cup dried navy beans, soaked for 1-2 hours
 - 1 packed cup chopped leeks (white and light green parts)
 - 1 clove garlic, minced
 - 1 cup carrots, diced
 - 1 cup green beans, diced
 - 1 cup cauliflower florets
 - 1 cup tomatoes, diced
 - 1 cup red bell pepper, diced
 - 2 tbsp Italian seasoning
 - 1 tsp chili
 - 2 tbsp white wine vinegar
 - sea salt, to taste
- To prepare the stew, place the soaked beans in a large saucepan. Add the leeks, garlic, and 3 cups water. Bring to a boil, then reduce the heat to medium and simmer, partially covered, until the beans are just tender, 25 to 30 minutes.
- Add the carrots, green beans, cauliflower, tomatoes, bell pepper, and Italian seasoning. Cook until the beans and vegetables are completely cooked, 15 to 20 minutes. Add the vinegar and salt to taste. Cook for 2 to 3 minutes.
- Ladle some hot stew over baked potatoes or steamed grains and serve hot.