

Tuscan White Bean Stew

This recipe is a hearty vegetarian stew, that packs big flavor. It's an easy one pot dish that comes together very quickly.

| YIELD | PREP TIME | TOTAL TIME |
|------------|-----------|------------|
| 6 SERVINGS | 15 MIN | 45 MIN |



INGREDIENTS

| | |
|---------------|--|
| 1 Tbsp | Olive or Canola Oil |
| 1 each | Onion, yellow, diced |
| 2 each | Carrots, small, peeled and diced |
| 2 each | Celery, diced |
| 6 cloves | Garlic, minced |
| 8 oz. | Mushrooms (cremini or white), sliced |
| 5 – 6 cups | Vegetable stock, low-sodium or homemade |
| 1 (15 oz) can | Cannellini beans, low-sodium, drained and rinsed |
| 1 (15oz) can | Diced Tomatoes, undrained |
| 2 cups | Kale, stemmed and finely chopped |
| 1 each | Rosemary Sprig, fresh |
| 2 Tbsp | Balsamic Vinegar |
| ¼ cup | Parmesan Cheese, grated or shredded |

CHEF'S NOTES

Using canned beans is a great way to save time but can add unwanted sodium to your meals. Draining and rinsing canned beans will remove some the sodium and if you buy low-sodium or no salt added beans, you'll be able to have even more control of the sodium in your dish. If you have more time, try substituting ½ cup of dried beans for canned and soak them in water the night before (8-24 hours) cooking for about 1 hour until they are tender.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Place a medium pot over medium heat. Once hot, Add the oil and swirl to coat the bottom of the pan. Sauté onion, carrots, and celery, stirring occasionally, until softened and slightly translucent, for 10-15 minutes.
3. Add mushrooms and cook until soft, about 5 minutes. Stir in garlic and cook until fragrant, about 1-2 minutes.
4. Add in stock, beans, diced tomatoes and their juice, kale, and rosemary sprig. Bring to a boil then reduce heat, cover and simmer for 10-15 minutes on low heat, until the kale is tender.
6. Remove from the heat and stir in the balsamic vinegar. Serve, topped with parmesan cheese.

Nutrition Facts

6 servings per container

Serving Size 1.5 cups (452 g)

Amount per serving

Calories 190

% Daily Value *

Total Fat 4g 5%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol less than 5 mgmg 0%

Sodium 430mg 19%

Total Carbohydrate 32g 12%

Dietary Fiber 7g 24%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 11g 23%

Vitamin D 0.04mcg 0%

Calcium 160mg 13%

Iron 4mg 20%

Potassium 900mg 19%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

