

Tuscan White Bean Stew

GF, M
VEG

Ingredients

SERVINGS
6

SERVING SIZE
1 1/4 cup stew and 1/6 of the croutons

1 tbsp	Extra-virgin olive oil
2 cloves	garlic (quartered)
1 slice	whole-grain bread (cut into 1/2 inch cubes)
2 C	cannellini or sub w/ a white bean(dried, picked over, and rinsed, soaked overnight, and drained)
2 C	water
1 tsp	salt
1	bay leaf
2 tbsp	olive oil
1	yellow onion (coarsely chopped)
3	carrots (peeled & coarsely chopped)
6 cloves	garlic (chopped)
1/4 tsp	black pepper (freshly ground)
1 tbsp	rosemary, fresh (chopped, w/ 6 sprigs)
1 1/2 C	vegetable stock or broth

Nutrition

Per serving

328	Calories
8 g	Total Fat
1 g	Saturated Fat
0 g	Trans Fat
6 g	Monounsaturated Fat
16 g	Protein
48 g	Carbohydrates
12 g	Dietary Fiber
0 mg	Cholesterol
450 mg	Sodium
0 g	Sugars

Directions

To make the croutons, heat the olive oil over medium heat in a large frying pan. Add the garlic and sauté for 1 minute. Remove from the heat and let stand for 10 minutes to infuse the garlic flavor into the oil. Remove the garlic pieces and discard. Return the pan to medium heat. Add the bread cubes and sauté, stirring frequently, until lightly browned (3 to 5 minutes). Transfer to a small bowl and set aside.

In a soup pot over high heat, combine the white beans, water, ½ teaspoon of the salt and the bay leaf. Bring to a boil over high heat. Reduce the heat to low, cover partially and simmer until the beans are tender, 60 to 75 minutes. Drain the beans, reserving ½ cup of the cooking liquid. Discard the bay leaf. Place the cooked beans into a large bowl and save the cooking pot for later use.

In a small bowl, combine the reserved cooking liquid and ½ cup of the cooked beans. Mash with a fork to form a paste. Stir the bean paste into the cooked beans.

Return the cooking pot to the stovetop and add the olive oil. Heat over medium-high heat. Stir in the onion and carrots and sauté until the carrots are tender-crisp, (6 to 7 minutes). Stir in the garlic and cook until softened, about 1 minute. Stir in the remaining ½ teaspoon salt, pepper, chopped rosemary, bean mixture, and stock. Bring to a boil, and then reduce the heat to low and simmer until the stew is heated through (about 5 minutes).

Ladle the stew into warmed bowls and sprinkle with the croutons. Garnish each bowl with a rosemary sprig and serve immediately.

Recipe courtesy of Mayo Clinic