

White Bean Stew

with Basil Cream

Serves: 8 - 10

INGREDIENTS:

5 Cups Cooked Cannellini Beans
2 Carrots -Peeled and Diced
1/2 Cup Celery -Diced
1 Onion -Peel and Sliced
1 Bunch of Kale Tuscan
2 Cups Sweet Potatoes -Diced
1 quart Vegetable Broth
1 teaspoon Granulated Garlic
1 teaspoon Smoked Paprika
2 Tablespoons Light Miso Paste
2 Tablespoons Tamari
2 Tablespoons Cornstarch

Basil Puree

1 1/2 Cups Cashew Cream Sauce
(recipe in Pantry)
2 Cups Basil Leaves



1. Heat a large stew pot over medium heat, add the sliced onions, cook and stir to make sure the onions do not burn. If the pan starts to turn dark brown reduce the heat to low. Cook the onions until they are a light brown.
2. Add vegetable broth to the pot, bring to a boil and add the diced sweet potato, diced carrots and diced celery. Once the stock returns to a boil reduce the heat to low.
3. Add cooked, drained beans to the pot, along with the miso, Tamari, granulated garlic, smoked paprika and cornstarch.
4. Wash and remove the stem in kale leaves. Cut the leaves into strips and place in the stew. Cook for 20-30 minutes. The sweet potatoes should be tender. If the stew becomes too thick add a little more vegetable broth.
5. Bring a small pot of water to a boil, add the basil leaves to the water and cook just until all of the leaves have wilted, it should only take 15-20 seconds. Remove the leaves from the water and rinse under cold water. Gently squeeze the water from the basil leaves. Place the leaves and the cashew cream into a blender, puree until smooth and bright green.
6. Serving: Portion Stew into bowls with a dollop of Basil Puree on top.