

TUSCAN BEAN STEW

1 tablespoon olive oil

1 cup diced yellow onion (about 1/2 medium onion)

1/2 cup diced carrot (about 2 medium carrots)

1/4 cup diced celery (about 1 stalk)

4 medium cloves garlic, minced

1 teaspoon dried thyme

1/4 teaspoon crushed red pepper flakes

1/2 teaspoon kosher salt

1/4 teaspoon ground black pepper

1 (15-ounce) can cannellini or white kidney beans, drained (about 1 1/2 cups)

1 (15-ounce) can kidney beans, drained (about 1 1/2 cups)

1 (15-ounce) can butter beans (also known as lima beans), drained (about 1 1/2 cups)

2 cups low-sodium vegetable broth

2 (5-inch) sprigs rosemary

1 bay leaf

1 small bunch Lacinato kale (also known as dinosaur kale or Tuscan kale), cut into 1-inch pieces (about 4 cups)

Salt to taste

Pepper to taste

Additional olive oil for serving, if desired

1. Add the olive oil to a large, heavy pan over medium heat. When hot, add the onions, carrots, and celery. Cook, stirring occasionally, until softened, 5-6 minutes. Add the garlic and cook, stirring, for one more minute. Stir in the thyme, salt, and black pepper. Add the beans, broth, rosemary, and bay leaf. Stir to combine. Increase heat to medium-high and bring to a boil. Once it comes to a boil, reduce heat to low to maintain a simmer until the stew is thickened, 20-25 minutes.

2. Add the kale and cook until wilted, 3-4 minutes.

3. Remove the rosemary sprigs and bay leaf. Taste and add additional salt and pepper if desired.

4. Serve as-is or over polenta, brown rice, or quinoa. Drizzle individual servings with a little olive oil, if desired.

Italian sausage or cooked and shredded chicken breast to their bowls.

