

Tuscan Bean Stew with garlic & oregano

Kate Ford | The Veg Space

This delicious Tuscan Bean Stew is such an easy one-pot dinner. Packed with flavours of Italy, it can be made on the hob or slow cooker.

PREP TIME10 mins
COOK TIME40 mins
TOTAL TIME50 mins

INGREDIENTS

- 2 tbsp olive oil
- 1 red onion
- 1 leek
- 3 cloves garlic (or 2 teaspoon ready-chopped garlic from a jar or tube)
- 1 large carrot
- 2 sticks celery
- 1 red pepper
- 400 g tin borlotti beans
- 400 g tin cannellini beans
- 500 g passata
- 250 ml water
- 1 tsp vegetable stock powder
- 2 tsp chopped oregano and thyme
- 1 tsp brown sugar or maple syrup
- 1 tbsp balsamic vinegar (optional)
- 2 cups chopped tuscan kale, stems removed

INSTRUCTIONS

1. Heat the olive oil in a deep lidded frying pan or casserole.
2. Finely chop the onion and leek and cook gently for 3-4 minutes until starting to soften.
3. Meanwhile, peel and finely chop the carrot, trim and chop the celery, and peel and crush the garlic cloves. Add to the pan and cook for a further 2-3 minutes.
4. Trim and slice the red pepper and add to the pan. Season well with salt and black pepper.
5. Drain and rinse the borlotti beans and cannellini beans, and tip both into the pan.
6. Add the passata and water (you can just refill the empty passata carton half way with water, to save measuring this separately). Then add the stock powder, oregano, brown sugar and balsamic vinegar. Bring to the boil then cover with a lid and simmer for 20 minutes. Remove the lid and simmer for a further 10 minutes or until the sauce has reduced and is thick and glossy.
7. Remove any thick stalks from the spinach or kale, then stir through the stew for the last two minutes of cooking.