**Kale and White Bean Stew**

**INGREDIENTS**

**2 tsp** coconut oil or ghee

**2** medium onions, sliced

**2** Stems celery, chopped

**1** tsp sea salt

**1** pinch chilli flakes

**5** bay leaves

**1 tsp** smoked paprika

**6** cloves garlic, sliced

**½ tsp** cracked black pepper

**2-2 ½ cups** cooked white beans (2 tins)

**2 cups** vegetable broth

**1x400g tin** organic whole tomatoes

**2 cups** packed shredded kale leaves

**1 Tbsp** cold-pressed olive oil to garnish

**METHOD**

1. Heat oil in a large stockpot on medium heat.
2. Add onions to the pot with a couple pinches sea salt, chilli, bay leaves and paprika. Cook for a few minutes until the onions have softened, then add garlic. If it looks dry, add a little juice from the tinned tomatoes.
3. Add all other ingredients apart from KALE, bring to a boil.
4. Cook on medium for 10-15 mins until thickened and then add Kale. Cook a further 5 mins.
5. Dish into large serving bowls and drizzle with a little olive oil. CServe.