

Vegan White Bean Stew

White bean stew is a warm and filling dish with an unexpected tangy herb topping. It's a hearty stew with potatoes and white beans that is perfect for a cool fall day or any day that calls for a comforting dish that has bright, zesty notes of lemon, garlic, and parsley.

Yield: 6 servings

Serving Size: 1 cup

Ingredients:

Soup

- 3 ½ cups vegetable broth
- 1 can (14.5 ounce) white beans (do not drain)
- 1 medium onion, peeled and diced small
- 4 garlic cloves, peeled and minced
- 3 celery ribs, sliced thinly
- 1 large Yukon Gold potato, scrubbed, diced small
- 1 - 1 ½ teaspoon ground cumin
- 1 teaspoon sweet or hot paprika
- 2 bay leaves, and a few sprigs parsley & thyme
- Salt and pepper to taste
- 1 (14.5-ounce) can crushed tomatoes
- 3 tablespoons tomato paste

Gremolata Topping

- 1 large handful parsley, leaves and stems
- 1 large garlic clove, peeled and minced
- 1 small lemon
- Coarse salt (any will do)

Instructions:

1. Pour the vegetable broth into a medium soup pot. Add the white beans, onion, garlic, celery, potatoes, cumin, paprika, salt, pepper, crushed tomatoes, tomato paste, and herbs. Stir.
2. Bring soup to a boil, then simmer uncovered for 20-30 minutes. Remove herbs and discard. Taste and adjust seasonings.
3. While the soup is cooking, prepare the Gremolata Topping. Roughly chop the parsley, and mince or finely chop the garlic. Using a Microplane, zest the lemon into this mixture (avoid zesting the white pith underneath the skin). Note: if you don't have a Microplane, use a cheese grater to zest the lemon.
4. Transfer the stew to individual bowls, and top each with some gremolata. If desired, squeeze fresh lemon juice, drizzle with a bit of extra virgin olive oil, sprinkle with salt, and serve with whole grain bread. Store leftovers in the fridge up to 4-5 days.

Per serving: Calories 274 kcal, Carbohydrates 35g, Protein 9g, Sat Fat 2g, Sodium 602mg, Fiber 8g, Added Sugars 0g

This recipe from: https://rainbowplantlife.com/wprm_print/vegan-instant-pot-white-bean-stew