

Dinner & A Book Recipes

Episode #1619 – Signature in Stone

Vegan Tuscan White Bean Stew

- 1 tablespoon olive oil
 - 2 cups finely chopped onion
 - 1 large zucchini rough chopped
 - 1 container portabello mushrooms
 - 5 garlic cloves, minced
 - 2 cups organic vegetable broth
 - 1 cup Italian red table wine

 - 2 cups mini farfalle pasta
 - 1 teaspoon chopped fresh rosemary
 - 2 (15-ounce) cans no-salt-added Great Northern beans (DO NOT rinse...use liquid from can to help thicken stew)
 - 2 fresh thyme sprigs
 - 8 cups chopped escarole (about 1 pound)
 - 1 cup chopped carrot
 - 1/2 teaspoon crushed red pepper
 - 1/4 teaspoon salt
 - 1/4 teaspoon freshly ground black pepper
 - 1 teaspoon white wine vinegar
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1. Heat a large Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add onion, and sauté for 4 minutes, stirring frequently. Add garlic, and sauté for 30 seconds. Add vegetable broth, 1/2 of red wine, pasta and the next 5 ingredients; bring to a boil. Reduce heat, and simmer 10 minutes. Stir in remaining red wine, escarole and carrot; cover and simmer for 15 minutes or until carrot is tender. Stir in red pepper, salt, black pepper, and vinegar.