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

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.