



Lima Bean Vegetable Stew (8 servings)

Ingredients

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| 1 package lima beans - dried | 1 package ground Beyond Meat® (<i>meat alternative</i>) |
| 2 bay leaves | 1/4 cup olive oil |
| 2 vegetable bouillon cubes | 1 15.5-oz can diced tomatoes |
| 1 onion, medium - chopped | 1 6 oz can tomato paste |
| 4 carrots - coarsely chopped | 3 Tbsps fresh oregano - chopped |
| 6 cloves garlic - coarsely chopped | 2 Tbsps fresh thyme |
| 2 cups mixed chopped mushrooms | 3 Tbsps fresh parsley - chopped |
| 3 cups Tuscan kale w/stems - chopped | salt/pepper to taste |

Preparation

- Soak the lima beans for at least 8 hours. Drain, rinse and put the cleaned beans into a large pot with cold water and the bay leaf. Cover and simmer the beans for 30 minutes, or until they are tender, but not fully cooked through. Skim off any foam that collects while simmering.
- Drain water from the pot, reserving 1½ cups of the cooking liquid and the discard bay leaves. Dissolve the bouillon cubes in the reserved water and set the mixture aside.
- Pour the olive oil into the large sauce pot, add the garlic and onion and saute 3-4 minutes, until the onion is translucent. Add carrots, mushrooms and cook for 4-5 minutes more.
- Add tomato paste and cook for 5 additional minutes, then add diced tomatoes with their juice, the reserved bean water, oregano and thyme, bring to a boil.
- Break the raw ground Beyond Meat into clusters and add it to the pot. Stir in the beans, kale and additional broth, if required, and reduce heat.
- Salt and pepper to taste and simmer for 30-45 minutes. Garnish with the freshly chopped parsley.