



7 Bean Stew (6 servings)

Ingredients

3 Tbsps olive oil
1½ medium yellow onion - diced
1½ garlic cloves - diced
3 stalks celery - chopped
1½ cups dried 7 bean mix
(lima, cranberry, blackeye peas, red kidney, great northern, black turtle and pinto beans)

3 cups vegetable stock
2 cups water
1 28 oz can tomatoes - *diced*
4½ Tbsps tomato paste
3 tsps chili powder
2 bay leaves
3 sprigs of thyme

Salt & pepper - *to taste*
chopped parsley - *garnish*
1 cup organic arugula - *loosely packed - optional*

Preparation

- Soak the dried beans in cold water for at least 12 hours. Drain and rinse the beans well and set aside.
- Add the soaked beans to a pot with bay leaves and thyme only, simmer until slightly soft - about 60 minutes. Pour the entire mixture into a large bowl and set aside.
- Using the same pot, add olive oil, onion, celery, garlic - cooking until they become translucent.
- Add tomato paste, stir, and simmer. After 10 minutes, add the canned tomatoes, chili powder, and vegetable stock. Simmer for an additional 10 minutes.
- Discarding the thyme and bay leaves, add the cooked beans to the pot and season with salt/pepper to taste. Simmer for 30 minutes, until the beans are soft and fully cooked.
- *Serving Suggestion: Garnish with a sprinkle of fresh diced parsley, and serve with a side of warm, crusty bread.*