

VEGAN TUSCAN BUTTER BEAN RAGOUT

SERVES 6

PREP 15 MIN | COOK 30 MINS

Ingredients

- 1 medium onion, diced
- 3-5 cloves garlic, minced (to taste)
- 350g mushrooms of choice, chopped
- 1 medium red capsicum, diced
- ½ bunch tuscan kale (or other leafy green), stems removed and torn into bite-size pieces
- 85g sun-dried tomatoes
- 1 400g can or jar artichoke hearts packed in water, halved or quartered
- 2 400g cans diced tomatoes (or 3 cups fresh)
- 2 400g cans butter beans (or 3 cups cooked)
- 1 ½ tsp dried oregano
- 1 tsp dried basil
- ½ tsp dried thyme
- Juice of 1 lemon
- 1 cup vegan chicken or veggie broth
- Sea salt and freshly cracked black pepper to taste



Recipe Credit: zardyplants.com



VEGAN TUSCAN BUTTER BEAN RAGOUT CONT.

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Method

1. **Saute onions:** Start by sauteing your onions in a large pot over medium high heat. Saute the onions for 3-4 minutes or until they are relatively translucent and aromatic.
2. **Add garlic:** Now add the garlic and saute another minute, until fragrant.
3. **Add other veggies:** Next, add the mushrooms, capsicum, and any other similar veggies you're using (think broccoli, cauliflower, or green beans). Saute for another 3 minutes, then add both tomatoes, the broth, and the herbs.
4. **Simmer:** Bring to a boil, then turn the mixture down to a simmer, add the beans, stir, and cook for about 8-10 minutes, until all veggies are softened and the mixture has thickened.
5. **Add greens:** Add the kale or other greens and cook another 2-3 minutes, stirring frequently, until the kale has wilted into the ragout.
6. **Season to taste:** Finally, add the lemon, sea salt, and freshly cracked black pepper to taste.
7. **Serve:** Serve it up with some crusty bread or over pasta or rice or potatoes even. Enjoy!
8. **Store:** Refrigerate leftovers in an airtight container for up to 5 days or freeze in a freezer-safe container for up to 3 months. This dish freezes very well.

Tip: If your sun-dried tomatoes are hard, soak them in very hot water for a few minutes, then drain the liquid before chopping them and adding them to the ragout.



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