

Bean Stew

Adapted from a recipe by Georgina Mackenzie, BBC Good Food

Prep: 30 mins (using cooked beans) **Cook:** 30 mins—1 hour **Serves:** 2



Ingredients

- 1 tbsp olive oil
- 1 small onion, finely chopped
- 1 stick celery, finely chopped
- 1 garlic clove, crushed
- 1 small sweet potato, diced into 1cm / ½in pieces
- 400g tin chopped tomatoes
- 1 tsp tomato purée
- 1 tsp dried oregano
- 1 tsp smoked paprika
- pinch dried chilli flakes
- 200ml hot water
- 1 tsp vegetable bouillon powder
- 250g cooked butter beans
- handful kale, spinach or other leafy green vegetable
- salt & freshly ground black pepper

1. Batch cook your butter beans ahead of time, remembering that cooked beans are roughly twice the weight of dried. Soak overnight in cold water or for at least 1 hour in boiling water. Drain, rinse and cover with cold water. Bring to the boil for 10 minutes, then simmer for about 1 hour until tender. Or pressure cook in 18-20 minutes.
2. Mix the bouillon powder and hot water to make a stock.
3. Heat the oil in a lidded saucepan over a medium heat. Add the onion and celery and sweat for 5 minutes with the lid on.
4. Add the garlic and sweet potato and cook for a further 5 minutes, until they start to soften.
5. Add the chopped tomatoes, tomato purée, oregano, paprika, chilli flakes and stock. Stir well and bring to the boil. Reduce the heat and simmer with the lid on for 10 minutes.
6. Add the butter beans and simmer without the lid on for 10–15 minutes, or until the sweet potato is soft.
7. Add the kale and allow to wilt for 2 minutes. Stir well, check the seasoning and serve.