

Tuscan Bean Stew

Portion Size: 8 fl oz

Yield: 8

Ingredients:

Garbanzo Beans, dry	2/3 cup	Tomatoes, diced in juice	4 cups
Pinto Beans, dry	1/2 cup	Collard Greens	1/2 pound
Cannellini Beans, dry	1/2 cup	Low Sodium Vegetable Broth	2 cups
Garlic, minced	2 TBSP	Apple Cider Vinegar	1 TBSP
Yellow Onion, chopped	1 cup	Red Wine	1 cup
Olive Oil	2 TBSP	Salt	1 tsp
Basil, dried	1 TBSP	Black Pepper	1/3 tsp
Oregano, dried	2 tsp	Parsley, chopped	1/4 cup
Rosemary, dried	1/4 tsp		

Preparation:

1. Soak beans overnight, keep separate. In separate pots, cook each bean type until tender.
2. In a pot over medium heat, sauté garlic and onion in olive oil for 3 minutes or until soft. Add basil, oregano and rosemary and stir. Add all cooked beans, tomatoes, collard greens, and vegetable broth. Bring to boil, then reduce heat and simmer.
3. Stir in vinegar, wine, salt and pepper. Cover and cook for 45 minutes.
4. Garnish with parsley and serve.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
240	11	35	11	6	5	1	350



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