

# Tuscan Bean Stew

Serving Size: 8 fl oz

Makes: 8 servings

## Ingredients:

2/3 cup Garbanzo Beans, dry  
1/2 cup Pinto Beans, dry  
1/2 cup Cannellini Beans, dry  
2 TBSP Extra Virgin Olive Oil  
2 cloves Garlic, minced  
1 cup Onions, chopped  
1 TBSP Basil, dry, crushed  
2 tsp Oregano, dry, crumbled  
1/4 tsp Rosemary, dry  
1 qt Tomatoes, Canned, Diced in Juice,  
No Added Salt  
8 oz Collard Greens, chopped  
2 cups Vegetable Broth, Low Sodium  
1 TBSP Apple Cider Vinegar  
1 cup Red Wine  
1 tsp Salt  
1/4 tsp Black Pepper  
1/4 cup Parsley, chopped

## NUTRITION FACTS PER SERVING

<b>calories</b>	240
<b>total fat (g)</b>	5
saturated fat (g)	1
trans fat (g)	0
<b>sodium (mg)</b>	350
<b>total carbohydrate (g)</b>	35
dietary fiber (g)	11
sugar (g)	6
<b>protein (g)</b>	11

 **RD APPROVED**

## Preparation:

1. Using a colander, rinse each type of bean separately under cold running water. Place the beans in separate bowls, cover with water and soak overnight.
2. In separate pots, cook each type of bean until tender. Hold cold until needed.
3. 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 a boil, then reduce heat and simmer.
4. Stir in vinegar, wine, salt, and pepper. Cover and cook for 45 minutes. Remove from heat, garnish with parsley, and serve.



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