



White Bean Tomato Stew



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Courtesy of MPSG

SERVINGS: 6-8 | PREP TIME: 25 min | COOK TIME: 30 min | TOTAL TIME: 55 min

Ingredients

2 Tbsp (30 mL) canola oil
1 medium onion, diced
6 cloves garlic, minced
1 tbsp (15 mL) ginger, minced
1 lb potatoes (about 3-4 medium potatoes) (454 g), cut into 1/2" pieces
2 carrots, chopped

1 19 oz-can (560 mL) white beans, drained and rinsed
1 28 oz-can (830 mL) crushed tomatoes
2 tbsp (30 mL) tomato paste
1/2 cup (125 mL) peanut butter
1 tsp (5 mL) cumin

1 tsp (5 mL) coriander
1 tsp (5 mL) salt
1/4 tsp (1 mL) cayenne powder
1/2 tsp (2 mL) ground pepper
1 1/2 tsp (7 mL) dried thyme
4 cups (1 L) water or stock
2 cups (500 mL) spinach

Method

1. In large pot or Dutch oven, heat oil over medium heat. Add onion, garlic and ginger and sauté until onion is beginning to soften, about five minutes. Add tomato paste and spices and stir until well combined and fragrant, about two minutes. If the spices are sticking to the bottom of the pot, add 1-2 Tbsp of water (15-30mL).
 2. Pour in water/stock and add carrots, potatoes, beans, peanut butter, and tomatoes. Bring to a simmer at medium-high heat. Lower heat to maintain simmer. Continue cooking for 25-30 minutes or until potatoes are tender. Stir occasionally.
 3. Taste at the end, add salt if necessary. Add spinach and stir until wilted.
- Serve with rice and naan bread, if desired.

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