

white bean and spinach stew

MAKES 25 SERVINGS

A quick and simple stew with fairly flexible ingredients. For variety, feel free to use your favorite greens, herbs, and spices. Protein-packed hearty cannellini beans are not only tasty, but very nutritious with twice the iron of beef.

½ cup (2 oz) vegetable oil
2 cups (8 oz) celery, diced
2 cups (9 oz) onion, diced
2 teaspoons granulated garlic
½ teaspoon thyme
4 cups (~5 oz) lightly packed baby spinach, chopped
4 cups (32 oz) broth (chicken or vegetable)
9½ cups (81 oz) cannellini beans, rinsed and drained
½ teaspoon Spike®
1½ tablespoons lemon juice

Purchase Notes:

If you are using frozen spinach, use 5 oz or 1 cup drained, thawed, and squeezed dry.

9 oz small diced onion = ~10 oz whole, unpeeled (90.6% yield)

8 oz diced celery = ~11.6 oz whole, unprocessed (68.8% yield)

1 bunch celery = ~32 oz = 22 oz chopped celery

One #10 can white beans = 68.5 oz or 8.125 cups. 1 cup = 8.43 oz

1 Heat oil in large soup pot over medium low heat. Add celery and onion and cook for about 7 minutes, until soft. Add garlic and thyme and cook for 1 minute. Add chopped spinach and cook for 2 minutes.

2 Add 4 cups broth, white beans, and Spike®. Reduce heat to medium low and simmer for 5 minutes.

3 Mix in lemon juice. Add additional broth to adjust consistency, if desired. Cover and cook over medium heat for 10 minutes.

Makes: 12½ cups
Serving Size: ½ cup