



BEAN STEW

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Serves: 6
Prep: 10 mins
Cook: 35 mins



Nutrition per
serving:
148 kcal
2g Fats
25g Carbs
7g Protein



WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 onion, sliced
- 2 garlic cloves, sliced
- 1 tsp. dried thyme
- 1 tsp. dried rosemary
- 2 parsnips, peeled and chopped
- 2 carrots, peeled and chopped
- $\frac{7}{8}$ cup (175g) tomatoes, chopped
- 1 tbsp. tomato puree
- 2x 14 oz. (400g) tin chopped tomatoes
- 1x 14oz. (400g) tin butter beans, drained
- Parsley, chopped, to garnish

WHAT YOU NEED TO DO

Heat the coconut oil in a large pot, and cook the onion, garlic, rosemary and thyme over medium heat for 5-6 minutes, until soft. Season with salt and pepper.

Add in the parsnips, carrots, tomatoes, tomato puree and cook for another 15 minutes, until softened.

Add in the beans, chopped tomatoes and mix well. Bring to a boil, reduce the heat and simmer for another 15 minutes. Season to taste, with salt and pepper and more herbs if desired.

Garnish with fresh parsley before serving.

The stew can be stored in the fridge for up to 5 days, or in the freezer for up to 3 months.