

# QUICK BEAN STEW

by Jan Saunders



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*This stew is satisfying, super fast, low-fat and nutrient dense. A winner dinner for the whole family!*

*A batch cooking, one-pot-wonder stew featuring a variety of yummy flavours.*

## Ingredients

- 2 x 400g cans cannellini beans
- 2 x 400g cans chopped tomatoes
- ½ cup tomato paste
- 2-3 tbsp tamari or soy sauce
- 1 tbsp chilli to taste
- 1-2 tsp tahini
- 1 tbsp onion powder (or 1 medium fresh, diced)
- 1 tbsp garlic powder (or 2 cloves, minced)
- 1 tbsp smoked paprika
- 1 tsp turmeric
- Black pepper to taste
- 2 handfuls spinach (or other dark leafy green)
- 1 cup corn kernels, fresh or thawed frozen (optional)
- 1 cup shelled edamame (thawed from frozen)

## Directions

1. Put all the ingredients except for the spinach, corn and edamame in a large saucepan and cook over medium to high heat for 10 minutes. Don't boil, just simmer.
2. Turn heat to low and stir in the greens, corn and edamame. Replace the lid, leaving to wilt/soften in the hot stew for a few minutes just before serving.
3. Serve with cooked rice or quinoa, or as is.

### Notes:

- For meat lovers, sneak in some bite-sized rough torn chunks of tempeh. When warmed these give a really satisfying "chew" to plant-based dishes in the most wholesome and healthy way.
- If you wish, add a small handful of walnuts and garnish with a handful of chopped parsley.

**PREP TIME: 10 MINS**

**COOK TIME: 15 MINS**

**TOTAL TIME: 25 MINS**

**SERVES: 5**

*Jan Saunders specialises in healthy, whole food vegan meals that will satisfy the whole family. The kind of meals that she teaches and prepares for herself and her guests at [The Beet Retreat](#), a beautiful in-house Vegan Bed and Breakfast located in the Noosa Hinterland.*

