

Vegan Bean and Vegetable Stew



What's better on a cold winter day than a steaming bowl of hearty stew? An easy slow-cooker recipe using lots of pantry staples! This vegan stew is easy to adapt to any leftovers in the fridge and tastes even better the next day.

Makes 10 cups

INGREDIENTS

2 14.5-oz. cans no-salt-added fire-roasted diced tomatoes, undrained
2 cups low-sodium vegetable broth
1 15-oz. can no-salt-added kidney beans, rinsed and drained
1 15-oz. can no-salt-added cannellini or garbanzo beans, rinsed and drained
1 15-oz. can no-salt-added red beans, rinsed and drained
1 onion, chopped (1 cup)
1 cup coarsely chopped carrots
½ cup chopped celery
½ cup chopped parsnips
⅔ cup red wine or low-sodium vegetable broth
6 garlic cloves, roughly chopped
2 tsp. chopped fresh thyme
1 teaspoon chopped fresh rosemary
2 cups thinly sliced stemmed kale, chard, spinach or other leafy green
2 tablespoons balsamic vinegar
Sea salt and freshly ground black pepper, to taste

INSTRUCTIONS

In a 5- to 6-qt. slow cooker combine the first 13 ingredients (through rosemary). Cover and cook on low 8 to 9 hours (or high 4 to 4½ hours). Stir in kale, chard, spinach or other leafy green for the last 30 minutes of cooking. Before serving, stir in vinegar and season with salt and pepper. Sprinkle with additional fresh thyme or rosemary.