

KALE AND WHITE BEAN STEW

INGREDIENTS

4 tablespoons olive oil
1 medium onion, chopped
2 medium potatoes, peeled and cut into ½ inch dice
1 bunch kale, stems removed and leaves chopped into small pieces
1 tablespoon dried thyme
3 garlic cloves, minced
4 cups vegetable broth
1 (14 ounce) can diced tomatoes, or 2-3 fresh tomatoes, chopped
2 cups cooked white beans, or 1 can
a few tablespoons of minced, fresh herbs, such as parsley or basil
red wine vinegar to taste
pinch of sugar to taste
salt and pepper to taste

optional garnishes:

grated Parmesan cheese to sprinkle on top

METHOD

Heat oil in large stock pot over medium high heat. Add onion, sauté for a few minutes and then add potato. Cook for about 5 minutes, stirring frequently until it just begins to brown.

Add kale, and stir well to coat the leaves with oil. Add garlic and thyme, stir 1 minute.

Add the vegetable broth, tomatoes and beans. Bring to a boil, turn down the heat and simmer until the vegetables are tender, about ten minutes.

Add the fresh herbs and season to taste with vinegar, sugar, salt, and pepper.

Serve with Parmesan cheese if desired.