



Red Bean Stew



1/4 cup olive oil

2 yellow onions, peeled and chopped

5 carrots, peeled and sliced

4 cloves garlic, peeled and minced

1 bay leaf

4 sprigs fresh thyme

1/2 teaspoon red pepper flakes

1/2 teaspoon coriander

1/2 teaspoon cumin seeds

3 cups cooked red beans

2 cups tomato sauce

2 bunches assorted greens, washed, destemmed and roughly chopped

7-8 cups vegetable stock



In a medium sized stock pot, heat the olive oil over medium heat.

Add the onion, carrots, garlic, bay leaf, thyme, red pepper flakes, coriander and cumin seeds and saute' for 5 minutes. Add the red beans, tomato sauce, greens and vegetable stock. Bring to a simmer and cook for 10-15 minutes. Season with salt and pepper to taste and serve!

