

Vegan White Bean and Kale Stew

Servings: 2

Active Time: 5 minutes

Total Time: 30 minutes

Ingredients

2 tablespoons olive oil
1 small onion, chopped
2 garlic cloves, minced
1 teaspoon ground coriander
1 teaspoon ground paprika
1/8 teaspoon chili flakes
1 (14 ounces) can white beans, undrained
2 cups chopped tomatoes (either canned or fresh)
1 tablespoon tahini
1 tablespoon wholegrain, spicy brown, or Dijon, mustard
2 cups chopped kale (or a small handful of frozen chopped kale)
1 lemon, juice, and zest
Kosher salt & freshly ground black pepper
1/4 cup chopped cilantro

Directions

In a large skillet, heat the olive oil over medium heat. Add the onion and a small pinch of salt and some ground black pepper; cook for 5 minutes or until translucent. Add the garlic and cook for 1 minute more.

Add in all of the spices, salt, and pepper; cook the spices for 2 minutes so they can toast. Add the beans, and their juices, as well as the tomatoes, tahini, and mustard. Bring everything to a simmer, then turn down the heat to medium-low. Cook for 5-10 minutes; you may need to add a splash of water if it starts getting too thick.

Add in the chopped kale and stir through. Simmer for an additional 5-10 minutes, then sprinkle the lemon juice and zest over the pan. Taste for seasoning, and add salt if necessary.

Serve over a grain like brown rice, couscous, quinoa, and top with cilantro.