

ITALIAN BUTTER BEAN STEW

Shojin cooking around the world!



INGREDIENTS (SERVES 4)

- 2 cups dry cannellini (or other white bean)
- 6 cups water
- 1/2 cup uncooked farro verde or freekeh (any other grain works well here too)
- 1/4 cup extra virgin olive oil
- 1/4 cup dry white wine
- 1 cup snap peas
- 1/2 cup fresh english peas, shucked (frozen will work as a substitute if necessary)
- 1 Tbsp dill, chopped
- 1 Tbsp mint, chopped



1. Soak the cannellini beans in the water overnight. Once soaked, add the beans to a large sauce pot and cook until tender, about 1-1.5 hours. Once cooked, set aside with the cooking water. Do not strain. Fill a small sauce pot with water and bring to a boil. Cook the farro verde like pasta, until tender. Once cooked, strain well and rinse with cold water to stop the cooking. Set aside.



2. Add 1/4 cup of olive oil to a stock pot. Add the shallot and cook until fragrant and starting to turn translucent, 3-5 minutes.



3. Add the white wine and reduce until nearly dry. Then add the snap peas, english peas, the butter beans and the bean broth. Bring to a simmer and cook until the snap peas are tender. If the stew looks quite dry, add a bit of vegetable stock.



4. Add salt to taste. Finish with the dill and mint right before serving.

Recipe by Katie Reicher (Executive Chef of Greens Restaurant)

The opening of Greens Restaurant on San Francisco Bay in 1979 forever changed the image and appreciation of vegetarian cooking in America. Known for a distinctive culinary style of celebrating vegetables, Greens produces ever-changing menus that are dedicated to the seasonal harvests of local farmers and the organic gardens of its farm, Green Gulch.



Greens Restaurant

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