



## Lemony White Beans, Carrot, and Spinach

Serves: 50 3 to 5 year old children

2 #10 cans low sodium Great Northern beans, drained  
1 cup vegetable oil  
12 to 15 medium carrots, peeled and cut into small dice  
2 medium onions, diced  
½ cup fresh garlic, minced, or to taste  
2 green or red peppers, chopped small  
2 ribs celery, diced  
½ cup tomato paste  
4 Tsp dried oregano  
4 tsp dried basil  
2 to 3 lemons, zested  
1 quart water or vegetable stock  
2 Tsp salt  
2 Tsp black pepper  
3# box baby spinach

Drain white beans. Chop carrots, onions, peppers, celery, and garlic. Heat oil in a large soup pot. Saute onions and garlic for 2 to 3 minutes until transparent. Add carrots, celery, and peppers. Cook for 5 minutes until peppers and celery begin to soften. Add tomato paste, oregano and basil. Cook one more minute. Add water and drained beans into the vegetables and bring to a simmer. Cook for 30 minutes until carrots are very tender and flavors develop. Season with a sprinkle of salt and pepper. Add spinach to the pot and cook for another 3 to 5 minutes.

Add water to the last 30 minutes of cooking if it becomes too thick. This stew or side dish is meant to be thick and creamy so don't add too Much water. Adjust seasoning and serve. Can be served as a side dish or main dish over rice (or bulgur, quinoa, or barley).

