

LEMONY WHITE BEANS, CARROTS, AND SPINACH

THIS IS A GREAT ITALIAN VERSION OF A LEGUME ENTRÉE. KEEP IN MIND, IT CAN BE DIFFICULT TO FIND LOW-SODIUM CANNED WHITE BEANS. IN THAT CASE, USE ABOUT 10 LB. OF DRIED WHITE BEANS AND COOK FROM SCRATCH.

SERVES 50 ADULTS

INGREDIENTS

4 #10 cans low-sodium Great Northern beans, drained
2 cups blended oil
24 to 30 medium carrots, peeled and cut into small dice
4 medium onions, diced
1 cup garlic, minced
4 green or red bell peppers, diced small
4 ribs celery, sliced thin
1 cup tomato paste
8 teaspoons dried oregano
8 teaspoons dried basil
4 to 6 lemons, zested**
2 quarts water or vegetable stock
4 teaspoons salt
4 teaspoons black pepper
6 lb. baby spinach

DIRECTIONS

1. Drain white beans. Chop carrots, onions, peppers, celery, and garlic. Heat oil in a large soup pot.
2. Sauté onions and garlic for 2 to 3 minutes until transparent. Add carrots, celery, and bell peppers. Cook for 5 minutes until bell peppers and celery begin to soften.
3. 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 black pepper.
4. Add spinach to the pot and cook for another 3 to 5 minutes.
5. 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.
6. Adjust seasoning and serve. Can be served as a side dish or main dish over rice (or bulgur, quinoa, or barley).

** Note: Zesting: scrape off the outer thin layer of colored skin of citrus with a small grater or microplane