

# TUSCAN STYLE BEAN STEW

- 1 onion, diced
- 2 carrots, diced
- 2 celery sticks, diced
- 3 cloves garlic, chopped
- 3 rosemary twigs, two remove leaves and chop, leave one whole
- 1 tbsp. tomato puree
- 4 tbsp pearl barley
- Tin plum tomatoes, crushed with your hands
- 1.5 pints vegan stock
- 1 tbsp. Balsamic vinegar
- 1 tbsp nutritional yeast
- 1 tin butter beans
- 1 tin cannellini beans
- 3 cavolo nero leaves only, chopped

Sauté diced onion, carrots, and celery until soft.

Add the garlic and chopped rosemary, stir then add the tomato puree, mix well.

Sprinkle in the pearl barley, give it a stir then add the tomato, stock, and rosemary twig.

Add the balsamic vinegar and nutritional yeast and season well.

Cook for 20 minutes.

Empty the tinned beans into the stew, and the cavolo nero. Mix well and cook for a few minutes more.

Serve with crusty bread and a drizzle of extra virgin olive oil.