Main dishes / England

white beans and beetroot stew · England

A substantial England-inspired stew built around cooked beetroot and cooked pulses.

Time 40 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g drained cooked white beans
- ☐ 400 ml low-salt vegetable stock
- ☐ 2 g dried sage
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 600 g cooked beetroot
- ☐ 15 g English mustard
- ☐ 10 g fresh parsley

Let's make it.

01 Clean the cooked beetroot and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the cooked beetroot and cook for a few minutes.

03 Add the stock, cover and simmer for 15 minutes.

04 Rinse the cooked pulses and stir them into the stew. Heat for five minutes until piping hot.

05 Stir in the English mustard, dried sage, fresh parsley and taste before serving.

AI-developed, not kitchen-tested.

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