Main dishes / Netherlands

# white beans and Brussels sprouts stew • Netherlands

A substantial Netherlands-inspired stew built around Brussels sprouts and cooked pulses.

**Time** 40 min **Servings** 4

## What you'll need.

- ☐ 150 g onion
- ☐ 30 ml neutral cooking oil
- ☐ 600 g drained cooked white beans
- ☐ 600 g Brussels sprouts
- ☐ 400 ml low-salt vegetable stock
- ☐ 15 g mild mustard
- ☐ 1 g ground nutmeg
- ☐ 10 g chives
- ☐ salt and pepper to taste

## Let's make it.

01 Clean the Brussels sprouts and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the Brussels sprouts 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 mild mustard, ground nutmeg, chives and taste before serving.

**AI-developed, not kitchen-tested.**

**Recipe & provenance** DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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