Main dishes / United States

white beans and sweet potato stew · United States

A substantial United States-inspired stew built around sweet potato 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 sweet potato
- ☐ 400 ml low-salt vegetable stock
- ☐ 3 g smoked paprika
- ☐ 2 g ground cumin
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste

Let's make it.

01 Clean the sweet potato and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the sweet potato 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 smoked paprika, ground cumin, fresh parsley 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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