



Easy Italian White Bean Stew

Makes: 4 servings

Prep Time: 10 minutes Cook Time: 35 minutes

Total Time: 45 minutes

Ingredients

- 2 tbsp extra virgin olive oil
- 4 ounces bacon, diced small (about 4 strips of bacon)
- 1 & 1/2 cups yellow onion, diced
- 1 cup celery, diced
- 3 large cloves of garlic, minced
- 1/2 tsp crushed chili flakes
- 3 tbsp white wine
- 2 (15-ounce) cans no-salt added Great Northern beans, drained and rinsed (cannellini beans & white kidney beans work here as well)
- 4 cups of vegetable or chicken broth
- 1 parmesan cheese rind (2-3 inches long)
- 1 tsp dried rosemary or 1 tbsp fresh chopped rosemary
- 1/2 tsp dried oregano
- 1 bay leaf
- zest of 1/2 lemon
- 1 tsp kosher salt, or more to taste
- 1/2 tsp freshly cracked black pepper, or more to taste
- 3 cups baby spinach

For Serving:

- grated parmesan cheese
- flat leaf parsley, chopped

Instructions:

Heat a dutch oven (or large soup pot) over medium heat. Add the olive oil and bacon and cook, stirring, until the bacon is almost cooked, 3-4 minutes.

Add the onion, celery, garlic, and chili flakes and a pinch of salt and pepper. Continue to cook, stirring, until the vegetables are tender, about 5 minutes.

Add the white wine and continue to cook, stirring and scraping up any of the browned bits on the bottom, until the wine has reduced by half, about 2 minutes.

Add the beans, broth, cheese rind, rosemary, oregano, bay leaf, lemon zest, salt, and pepper and bring contents to a boil. Once boiling, reduce the heat to a light simmer (about medium-low heat), cover, and cook for about 25 minutes, stirring occasionally.

Stir in spinach and the juice of a lemon. Taste and add more salt and pepper, if desired. Continue to cook, uncovered and simmering, for about 5 more minutes.

Serve in bowls and top with a tiny drizzle of olive oil, a sprinkle of grated parmesan and parsley. Enjoy.

Recipe from The Defined Dish