



## **Creamy Red Pepper and Tomato Stew with White Beans**

Makes enough for 4-6 people

- 1 yellow onion, chopped
- 2 roasted red bell peppers
- 4 cloves of garlic, chopped
- One bunch of green onions, sliced
- One 14 ounce can of full fat coconut milk
- 2 tablespoons soy sauce
- 1 tablespoon olive oil
- 2 tablespoons tomato paste
- 2 carrots, chopped
- 1 russet potato, peeled or not, chopped
- One 14 ounce can diced tomatoes, preferable fire roasted
- 1 ½ cups cooked white beans or one 14 ounce can, drained and rinsed
- 2 cups vegetable broth
- 2 cups roughly chopped spinach or baby kale
- Juice from one lime
- Salt and pepper to taste
- Top with cilantro and remaining green onions

In a blender or a food processor, add ½ the chopped onion, roasted bell peppers, garlic, white parts of the green onions, coconut milk, and soy sauce. Run until that shit looks smooth and set it aside.

In a large pot, warm up the olive oil over a medium high heat. Add the remaining chopped onion with pinch of salt and sauté until they start to look golden in some spots, about 8 minutes. Add the tomato paste, carrots, and russet potato and cook until the tomato paste starts to caramelize and is all mixed up with the veggies, about 3 minutes. Add the red pepper puree to the pot and cook for another few minutes so that everything gets all mixed up and warm. Fold in the can of tomatoes, beans, and broth and bring to a gentle simmer for about 15 minutes, stirring occasionally. Continue cooking until the potato and carrots are tender, another few minutes depending on how big your chop was. Once they are tender, fold in the greens, half the remaining chopped green onions, and lime juice and cook for another 2-3 minutes so that the greens are wilted and tender. Taste and add more salt, pepper, or whatever you think it needs.

Serve warm topped with the rest of the green onions and cilantro if you're into that sort of thing. Some quick pickled shallots are also great.