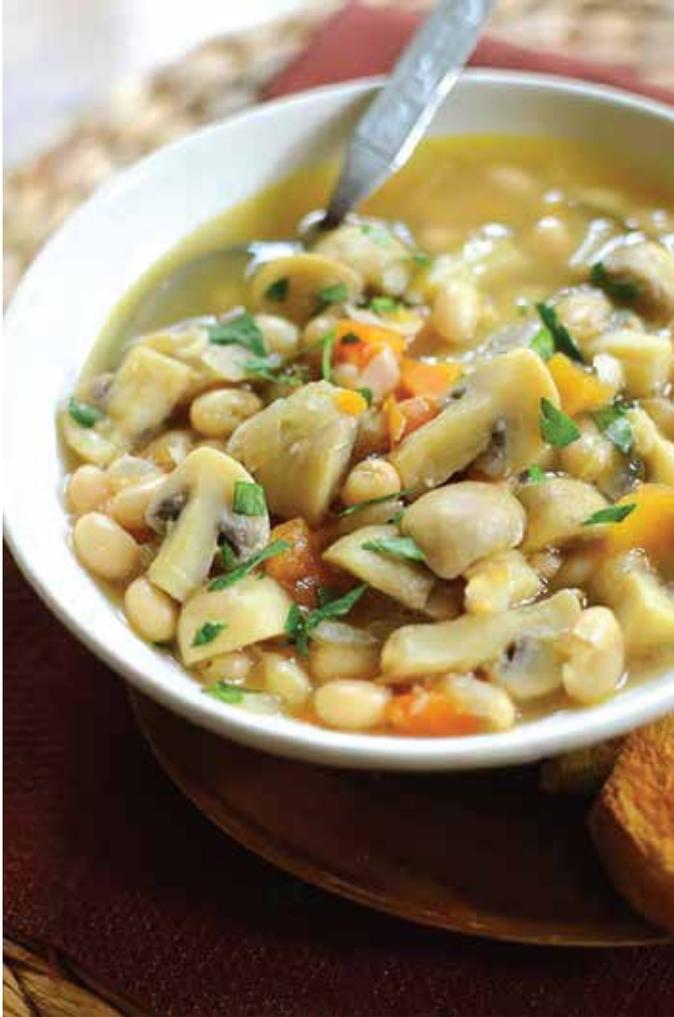




mushrooms.canada

Mushroom Lovers CLUB



ROASTED GARLIC, MUSHROOM & *by Living Lou* WHITE BEAN STEW

Prep Time: 30 mins. | Cook Time: 35 mins. | Serves 6

This stew is a favourite Sunday meal because it isn't a dish that cooks up in 20 minutes, it's a little bit more time consuming, but it also makes a pretty big batch which means you can bring leftovers for lunches throughout the week.

INGREDIENTS

- 1 head of garlic
- 7 tsp olive oil, divided
- ½ tsp salt, divided
- 1 onion, chopped
- 2 carrots, diced
- 2 lbs (907g) white button mushrooms, quartered
- ½ cup white wine
- 2 19-oz cans white beans, drained and rinsed
- 1 900mL carton of vegetable broth (4 cups)
- 2 sprigs rosemary

METHOD

1. Preheat oven to 400F. Slice the top off the head of garlic (keeping the root intact), drizzle with 1 tsp of olive oil and sprinkle with ¼ tsp of salt. Wrap in foil and roast for 30 minutes, carefully remove from oven and let cool completely.

2. Meanwhile, heat a large pot over medium heat. Add remaining 2 tbsp of olive oil. Add onion, cook, stirring frequently for 3 minutes. Add carrots and cook another 5 minutes. Add mushrooms and remaining salt, cook, stirring occasionally for another 5 minutes. Add white wine, cook another minute, scraping any brown bits off the bottom of the pan.

Add white beans, vegetable broth and rosemary, squeeze roasted garlic directly into the pot (be careful not to include any of the peel).

3. Bring to a boil, reduce heat to low and simmer, partially covered for 20 minutes. Beans will begin to break down, but to help thicken the stew, press the beans against the side of the pot using a wooden spoon. Remove rosemary stems and serve.

Blogger **RECIPE** Visit mushrooms.ca for more blogger recipes