# FOR YOUR CONTRACT

# White Bean & Sweet Potato Stew

This recipe has been adapted by a BANT Registered Nutritionist ®



Serves	Serving Size	Calories /	Time
	(g)	serving (kcal)	(mins)
6	500	293	2.5hrs

## INGREDIENTS:

- 1 tbsp spoon olive oil
  1x medium white onion, chopped
  1x red pepper, seeded and chopped into strips
  2x garlic cloves cloves, minced
  1lb sweet potatoes, peeled and chopped into 1inch cubes
- 1x hot chilli, seeded and finely diced
- 1x tsp grated ginger
- 1x 400g tin chopped tomatoes

# **MACRONUTRIENT VALUES PER 100G**

#### Nutritional values per 100g PER 100G %RI Energy (kj) 3% 245 Energy (kcal) 3% 58 Fat 1% 0.8 of which saturates 1% 0.1q Carbohydrate 3% 8.4g of which sugars 3% 2.6g Fibre 12% 2.9g Protein 6% 2.8g Salt 0.2g 3%

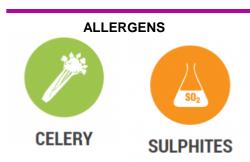
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2x 400g tins cannellini beans, drained and rinsed **(SULPHATES)** 1/2 tsp ground allspice

1 tsp ground cumin 2x bay leaves 3x cups/750g vegetable stock **(CELERY)** Salt and pepper 2x cups collard greens/ kale

### **METHOD:**

- 1. Preheat the oven to 150c and prepare all the ingredients as described
- 2. Heat the oil in a large, heavy casserole dish, over a medium heat. Add the chopped onion, with a pinch of salt and cook for about 5 minutes to begin to soften. Then add the chopped peppers and garlic. Cover and cook for another 5 minutes.
- 3. Add the chopped sweet potatoes, chilli, ginger, tomatoes, beans, allspice, cumin, bay leaves, and stock; season with salt and pepper, cover and place in the oven to cook for about 2 hours. Adding the greens about 15 minutes towards the end of cooking.



# **NOTES & MODIFICATIONS**

Why not add serve with some cooked chicken thighs or a fillet of fresh fish

# CREDIT

Recipe by: Rebecca Szczypka Photo by: Shutterstock

