

# White Bean & Sweet Potato Stew

This recipe has been adapted by a BANT Registered Nutritionist ®



## MACRONUTRIENT VALUES PER 100G

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

Generated by Nutritics v5.61

Serves	Serving Size (g)	Calories / serving (kcal)	Time (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, 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

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.

### ALLERGENS



CELERY



SULPHITES

### 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