

## Greek Bean Stew with Rice

Serves 4

- 15–20 g extra virgin olive oil
- 150–180 g onion, chopped
- 250–300 g carrots, sliced into discs
- 80–100 g celery or renkon (recommended), diced
- 10 g garlic (2 cloves), grated or pressed
- 9–18 g tomato paste (½–1 Kagome sleeve)
- 1 g dried oregano
- 1 g paprika
- Chili flakes (optional)
- 2 cans cannellini beans (400 g each), drained and rinsed
- 1.5 L low-sodium broth (2 Edward & Sons cubes + water)
- 2 bay leaves (optional)
- 100 g basmati rice (uncooked)
- 100 g spinach
- Juice of 1 lemon
- 40 g parmesan or feta (optional)
- Salt + MSG blend (adjust to taste)
- Black pepper



### Instructions

- Heat **olive oil** in a large pot. Add **onion**, **carrots**, and **celery/renkon**. **Sauté 4–5 minutes** until softened.
- Add **garlic**, **tomato paste**, **oregano**, **paprika**, and **chili flakes**. **Cook 1 minute**.
- Add **beans**, **broth**, **bay leaves**, **salt**, and **pepper**. **Simmer 10 minutes**.
- Add **rice** and **cook 10 minutes**, stirring occasionally. Add broth or water if too thick.
- Stir in **spinach** until wilted.
- Finish with **lemon juice**, **olive oil**, and **parmesan** or **feta** if desired.

### Nutrition (Per Serving)

Kcal: 285 | Protein: 11 g | Fat: 9 g | Sat Fat: 2 g | Carbs: 40 g | Sugars: 7 g | Fiber: 8 g |  
Sodium: ~320 mg | Omega-3: 0 g

### Nutrition (Total Dish)

Kcal: 1140 | Protein: 44 g | Fat: 36 g | Sat Fat: 8 g | Carbs: 160 g | Sugars: 28 g | Fiber: 32 g |  
Sodium: ~1280 mg | Omega-3: 0 g

### Notes

- Renkon is an ideal celery substitute in Japan.
- Add more broth on Day 2; stew will thicken naturally.
- Chickpeas, navy beans, or butter beans work well.
- For rice alternatives: jasmine, arborio, or farro.
- Komatsuna can replace spinach.
- Lemon or apple cider vinegar brightens flavor.
- Freezes well for 2–3 months.