



Vegetarian White Bean Cassoulet



INGREDIENTS

2 tbsp plus ½ cup Gustare Vita olive oil, divided
1 cup yellow onion, chopped
1 (14-oz.) can Hy-Vee quartered artichoke hearts, drained
1 medium yellow bell pepper, seeded and chopped
2 tbsp fresh oregano, finely chopped; plus additional for garnish
2 tbsp bottled chopped garlic, divided
1 ½ tsp Hy-Vee dried thyme
2 cups Hy-Vee vegetable stock
3 (15-oz.) cans Hy-Vee cannellini beans, drained and rinsed
2 cups Lacinato kale, trimmed and chopped
½ cup fresh basil, lightly packed
1 cup Soirée shredded Romano cheese
1 cup Hy-Vee smoked almonds, chopped; divided
2 tsp fresh lemon juice
1 tsp Hy-Vee Dijon mustard
½ tsp Hy-Vee black pepper

PREPARATION

- 1 Heat 2 tablespoons olive oil in a 5- to 6-quart Dutch oven over medium-high heat. Add onions; cook for 3 to 4 minutes or until lightly browned, stirring frequently.
- 2 Add artichokes, bell pepper, 2 tablespoons oregano, 1 tablespoon garlic and thyme; cook for 2 minutes, stirring frequently.
- 3 Add vegetable stock; bring to a boil. Reduce heat to medium. Gently boil, uncovered, for 5 minutes, stirring occasionally. Reduce heat to low; stir in cannellini beans and heat through.
- 4 Place kale, basil and remaining 1 tablespoon garlic in a food processor. Cover and pulse until chopped. Add Romano cheese, ½ cup almonds, remaining ½ cup olive oil, lemon juice, mustard and black pepper. Cover and pulse until finely chopped, scraping down sides of food processor as needed.
- 5 Stir kale mixture into bean mixture. Remove from heat. Let stand for 15 minutes before serving. Sprinkle with remaining ½ cup almonds. Garnish with additional oregano, if desired.

NUTRITION FACTS

Calories: 603
Total Fat: 37g
Saturated Fat: 7g
Trans Fat: 0g
Cholesterol: 13mg

Sodium: 1070mg
Carbohydrates: 46g
Fiber: 16g
Sugar: 3g
Protein: 24g