

Stew with green beans, peas & cashew nuts (for 3-4 serves)

Ingredients

- ♥ 1 tin boiled green peas (400 g), rinsed well
- ♥ 1 jar boiled green beans (800 g)
- ♥ 4-5 celery stalks, sliced
- ♥ 15 sweet campari tomatoes, sliced in halves
- ♥ 2-3 chalots, finely diced (or other sweet onion variety)
- ♥ 3-4 garlic cloves, finely diced
- ♥ 15-20 raw cashew nuts, chopped
- ♥ 1 teaspoon sweet red pepper, ½ teaspoon spicy pepper (optional if you don't like spicy food)
- ♥ 5-6 stalks fresh dill, finely chopped
- ♥ 4 t.s. simple EVOO (extra virgin olive oil) for sauteeing
- ♥ black pepper & sea salt to taste
- ♥ 4-5 large peels of lemon

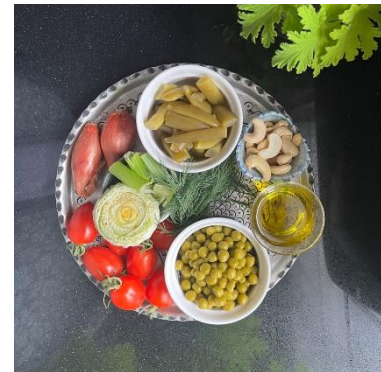
Preparation steps

- ♥ Sautee the onion, garlic and celery in EVOO for about 3-4 min. on low heat
- ♥ Add tomatoes, peppers and salt to taste and leave to cook for another 5 min. Join the cashew nuts, lemon peel and ¾ cup warm water (or the juice of the beans) and cook at low heat for another 15 min.
- ♥ Remove the pot from the stove and puree directly in the pot with much attention (spilling is possible)
- ♥ Add the legumes and dill, and mix well
- ♥ Leave the stew to rest for 30 min. to unfold and bond all the flavours, covered with lid

Serve this wholesome Mediterranean meal with toasted wholegrain bread or another beloved bread type

We could prepare the stew with eastern spices or curry mix, which we join to the sauteed onion, garlic and celery to release their flavours for a minute. Afterwards we proceed with step N°2

One could add a spoon/ drizzle of more distinct EVOO when serving the bowl. The bolder and more intense peppery varieties such as Coratina, Picual, Frantoio, Moraiolo, Casaliva, Picuda are a wonderful choice for this legume-tomato recipe. Similar for the early harvests.



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