



BEAN STEW

5 min 1 h 30 min easy 4 servings

INGREDIENTS

350 g dried white beans, soaked in water overnight and strained
1500 g water
100 g onion, cut into 2
50 g olive oil
200 g chopped tomatoes, canned
500 g crushed tomatoes, canned
1 tbsp vegetable stock paste, homemade
70 g tomato paste
1 tsp sugar
1 tsp salt
½ tsp pepper
500 g mixed vegetables (potatoes, carrots, celery), cut into 2 pieces
3 stalks fresh parsley, leaves only, finely chopped, for garnish

PREPARATION

1. Place white beans and 1200 g water into mixing bowl and cook **25 min/100°C/ reverse mode/spoon speed**. Transfer beans into simmering basket, rinse with water and set aside to strain.
2. Place onion and olive oil into mixing bowl, chop **5 sec/speed 5** and sauté **5 min/120°C/speed 1**.
3. Add remaining 300 g water, tomatoes, 450 g crushed tomatoes, vegetable stock paste, tomato paste, sugar, salt, pepper, 150 g mixed vegetables and strained beans into mixing bowl and cook **20 min/100°C/ reverse mode/spoon speed**.
4. Place Varoma into position, weigh remaining 350 g mixed vegetables inside, sprinkle remaining 50 g crushed tomatoes on top, mix gently and steam **35 min/Varoma/reverse mode/spoon speed**.
5. Transfer Varoma contents into a serving platter, pour mixing bowl contents on top, mix gently, garnish with parsley and serve immediately.

USEFUL ITEMS

serving platter