

Georgian Kidney-Bean Stew

Ingredients

- 1 tablespoon oil
- 1 onion, finely chopped
- 1 carrot, scrubbed and finely chopped
- 1/2 teaspoon salt
- 1/2 cup walnuts, finely chopped
- 2 garlic cloves, minced
- 1/8 teaspoon cayenne pepper (if you like it spicy)
- 2 teaspoons ground coriander
- 3 (15-ounce) cans kidney beans (about 4 cups), drained and rinsed
- 1/2 cup finely chopped cilantro and/ or parsley, plus more for garnish
- 2 tablespoons balsamic vinegar (or whatever kind of vinegar you have)
- 3 cups water



Prep Time: 75 Minutes | Makes: 6 servings

Directions

- Put the pot on the stove and set the heat to medium. Add the oil, onion, carrot, and salt, and sauté until the onion looks clear, about 5 to 7 minutes.
- Add the walnuts, garlic, cayenne, and coriander, and cook, stirring, until you can really smell the garlic, about 1 minute.
- Add the beans, herbs, vinegar, and water, and turn the heat up to high. When the stew comes to a boil, turn the heat down to medium-low and simmer the stew partially covered, stirring occasionally, until the stew is thickened, 30-45 minutes.
- Serve right away or transfer to a container and refrigerate up to 2 days.



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