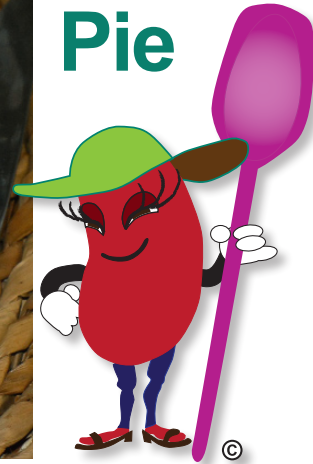


Beans, Rice And Everything Nice



Gardener's Pie



Ingredients

makes 6 servings

- 3 pounds yellow sweet potato, peeled and chopped
- 2 cups water
- 1/2 small yellow onion, diced
- 2 cloves garlic, divided—one clove minced, one clove whole
- 1 stalk celery, diced
- 1 carrot, diced
- 2-398 ml (14 ounce) cans White Kidney (Cannellini) beans, drained and rinsed
- 1 Tablespoon Italian seasoning
- 1 Tablespoon parsley flakes
- 1 cup vegetable stock or basic **Shiitake Mushroom Stock**
- 3 Tablespoons tomato paste
- 1 Tablespoon gluten-free tamari
- 1 cup frozen peas
- 1 cup green beans cut into 1 inch pieces
- 10 mushrooms, coarsely chopped
- 227 grams (1/2 pound) fresh spinach, washed, trimmed, and chopped

original recipe by beansriceeverythingnice.weebly.com

1. Preheat the oven to 205C (400F). Place the peeled and chopped sweet potato and 2 cups water in a large saucepan. Bring to a boil over medium-high heat. Reduce heat to medium-low and simmer covered for 15 minutes. When the sweet potato is soft, drain the water and mash. While the sweet potatoes are cooking, prepare the base stew.
2. In a large skillet with a lid, dry saute the onion, celery, and carrot over medium heat until the onion is translucent. Add a splash of water as needed to prevent sticking.
3. Add a splash of water and stir in the minced garlic, Italian seasoning, and parsley flakes. Add the beans, mushrooms, peas, and green beans. Stir to combine. Mix the vegetable stock, tomato paste and tamari and add to the skillet. Stir to combine. Cover with the lid and let cook for 5 minutes.
4. Turn off the heat and stir in the spinach. Using a microplane or small grater, grate the second clove of garlic directly into the stew. Stir to combine.
5. Spread the white bean and mushroom stew evenly into a large casserole dish. Spread the mashed sweet potato evenly over the top. Bake in the preheated oven for 20-30 minutes. Let sit for 10 minutes before serving.