



hearty three-bean stew



*This hearty three-bean stew is an excellent meal for everyone—including those who are preparing for orthopaedic surgery. Prior to surgery, make a double batch of this stew and freeze a portion. Then it will be easy to reheat and enjoy after surgery when you are still recovering at home. This stew will wrap you up in warmth and soothe your soul this winter! Find your **RECIPE CARD** below and your **SHOPPING LIST** on the next page.*



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YOU WILL NEED

- 2 cups onion, peeled and chopped
- 2 cups red bell pepper, seeds and ribs removed, chopped
- 2 cups zucchini, chopped
- ¼ cup water
- 3 ½ cups low-sodium vegetable stock
- 1 ½ cups cooked red kidney beans (or a 15-ounce can, rinsed and drained)
- 1 ½ cups cooked cannellini or other white beans (or a 15-ounce can, rinsed and drained)
- 1 ½ cups cooked black beans (or a 15-ounce can, rinsed and drained)
- 2 tsp lemon zest
- 2 Tbsp lemon juice
- 1 Tbsp maple syrup
- ¼ tsp crushed red pepper flakes (optional)
- 1 Tbsp fresh garlic, minced
- 1 Tbsp fresh thyme, finely chopped (or 1 ½ tsp dried thyme)
- 2 tsp fresh marjoram or oregano, finely chopped (or 1 tsp dried)
- ½ tsp fine sea salt
- ¼ tsp freshly ground pepper
- 3 cups kale, chopped, stems removed

DIRECTIONS

- 1** In a large, heavy-bottomed pot over medium heat, sauté onion, red pepper, zucchini, water, garlic, thyme, marjoram/oregano, salt, and pepper, stirring frequently, until onions are translucent and vegetables have softened, about 10 minutes. **NOTE:** Because this is an Ornish recipe, no oil is used. You can use a spray of canola or avocado oil if you prefer to sauté with a bit of oil.
- 2** Add vegetable stock, all the beans, lemon zest, lemon juice, maple syrup, and red pepper flakes, if using. Bring to a simmer and let cook, stirring frequently for about 15 minutes.
- 3** Fold in kale and cook another 3 to 4 minutes. Taste for seasoning.
- 4** Serve! We highly recommend serving this topped with some diced onion and a little fat-free feta cheese. Serve atop a bed of rice or quinoa, and sprinkle extra sliced onion on top if you like.

Source: Ornish Lifestyle Medicine



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Cut out this handy **SHOPPING LIST** and take it with you to the grocery store to make sure you don't miss any crucial ingredients!



hearty three-bean stew **SHOPPING LIST**

PRODUCE

- ☐ 2 small onions or 1 large onion
- ☐ 2 red bell peppers
- ☐ 2 zucchinis
- ☐ 2 small bunches or 1 large bunch of kale
- ☐ 1 lemon
- ☐ a head of garlic

PANTRY

- ☐ 1 32-ounce box of low-sodium vegetable stock
- ☐ 1 15-ounce can of kidney beans
- ☐ 1 15-ounce can of cannellini beans
- ☐ 1 15-ounce can of black beans
- ☐ maple syrup

HERBS AND SPICES

- ☐ red pepper flakes
- ☐ fresh thyme
- ☐ fresh marjoram or oregano