

Italian Canaletto Bean Stew



health & fitness
fridays



Ingredients:

1. 2 Big Cans of Diced Petite Tomatoes
2. 1 Can of Tomato Sauce
3. Celery
4. Carrots
5. Onions
6. Garlic
7. Parsley
8. Oregano
9. 4 to 5 cans of Canaletto Beans
10. Sweet Potatoes or Yams
11. White Potatoes
12. Salt & Pepper (to taste)

Directions:

1. Coat a large pot with Olive Oil. Add diced petite tomatoes and tomato sauce.
2. Sautee celery, carrots, onions, garlic, parsley, and oregano until tender. Add to pot.
3. Add Canaletto beans, diced sweet potatoes or yams, diced white potatoes, salt, and pepper.
4. Cook for 45 minutes to 1 hour 30 minutes (depending on size of diced ingredients).

UCI Living Well



Italian Canaletto Bean Stew



health & fitness
fridays



Ingredients:

1. 2 Big Cans of Diced Petite Tomatoes
2. 1 Can of Tomato Sauce
3. Celery
4. Carrots
5. Onions
6. Garlic
7. Parsley
8. Oregano
9. 4 to 5 cans of Canaletto Beans
10. Sweet Potatoes or Yams
11. White Potatoes
12. Salt & Pepper (to taste)

Directions:

1. Coat a large pot with Olive Oil. Add diced petite tomatoes and tomato sauce.
2. Sautee celery, carrots, onions, garlic, parsley, and oregano until tender. Add to pot.
3. Add Canaletto beans, diced sweet potatoes or yams, diced white potatoes, salt, and pepper.
4. Cook for 45 minutes to 1 hour 30 minutes (depending on size of diced ingredients).

UCI Living Well

