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Bean, Fennel & Mushroom Stew

with Herbed Crumbs & Baby Kale



20-30min



2 Servings

This vegetarian stew full of meaty mushrooms and beans is a riff on cassoulet, but it doesn't take 3 days to make! Thyme and garlic are added to toasted breadcrumbs for a crunchy flavor boost with every bite—so make sure you keep some at the table for sprinkling as you eat. Dressing the baby kale before it gets stirred in allows the dressing to evenly distribute in the stew and brighten every b...

What we send

- garlic
- fresh thyme
- cremini mushrooms
- white wine vinegar
- fennel
- packet vegetable broth concentrate
- can cannellini beans
- baby kale

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil

Tools

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

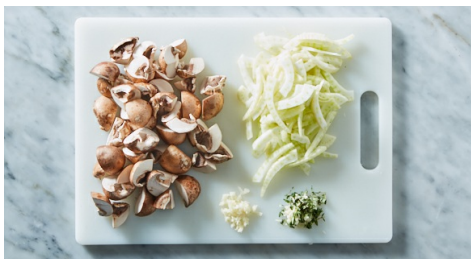
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Energy 530.0kcal, Fat 27.5g, Proteins 19.3g, Carbs 54.3g



1. Prep ingredients

Remove stems from **mushrooms** and halve, or quarter if large. Trim any damaged outer layers from **fennel**; quarter, remove core, and thinly slice crosswise. Peel and finely chop **2 large cloves garlic**. Pick and finely chop **1 teaspoon thyme leaves** from stems. Mix **1 chopped teaspoon garlic** with **1 teaspoon chopped thyme** and reserve for step 4.



4. Toast breadcrumbs

Meanwhile, heat **2 tablespoons oil** in a second medium skillet over medium. Add **panko** and cook, stirring occasionally, until golden brown, 3-6 minutes. Stir in **garlic-thyme mixture** and continue to cook until fragrant, about 1 minute. Transfer **breadcrumbs** to a bowl. Season to taste with **salt** and **pepper**.



2. Sauté vegetables

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **mushrooms, fennel, remaining chopped garlic, ½ teaspoon salt**, and **a few grinds pepper**; cover and cook until mushrooms have released their liquid, 3-4 minutes. Uncover and continue cooking until fennel is browned and liquid is mostly evaporated, 2-3 minutes.



5. Dress kale

In a large bowl, whisk **remaining vinegar** with **1 tablespoon oil**; season to taste with **salt** and **pepper**. Coarsely chop **kale** add to **dressing** and toss to coat.



3. Simmer stew

Stir **1 tablespoon vinegar** into **vegetables** and cook until evaporated, about 1 minute. Add **beans and their liquid, vegetable broth concentrate, 1 cup water**, and **half of the remaining thyme** (save rest for own use). Bring to a boil, reduce heat to a rapid simmer and cook partially covered until thickened 10-12 minutes.



6. Finish & serve

Remove **thyme sprigs** from stew. Add **dressed kale** to stew and stir until wilted and combined, about 1 minute; season to taste with **salt** and **pepper**. Serve **stew** with **herbed breadcrumbs** for sprinkling over. Enjoy!