



White Bean & Swiss Chard Stew

with Parmesan Garlic Bread



30-40min



2 Servings

Your brain might know that this is a hearty vegetarian meal, but your taste buds will be convinced there **MUST** be bacon hidden in there thanks to the subtle hint of smoked paprika. This nutritious stew includes meaty cannellini beans, Swiss chard stems and leaves, aromatic veggies, and grated Parmesan that adds richness to the broth. Hasselback-style Parmesan-garlic bread completes the meal. Coo...

What we send

- red onion
- garlic
- Swiss chard
- carrots
- cannellini beans
- smoked paprika

What you need

- butter ⁷
- kosher salt & ground pepper
- olive oil

Tools

- aluminium foil
- box grater or microplane
- medium saucepan
- rimmed baking sheet

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

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 930.0kcal, Fat 39.0g, Proteins 35.0g, Carbs 113.0g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Peel **2 large garlic cloves** and finely grate **1 clove**; thinly slice **2nd clove**. Finely grate **Parmesan**. Peel and finely chop **onion**. Scrub and thinly slice **carrots**. Using a sharp knife, cut **Swiss chard stems** from **leaves**; thinly slice stems, then halve leaves lengthwise and slice crosswise into ½-inch ribbons.



4. Add beans & Parmesan

Add **beans and their liquid, 1½ cups water, ¼ cup of the Parmesan, 1 teaspoon salt, and a few grinds fresh pepper**. Bring to a simmer. Add **Swiss chard leaves** and cook until wilted and tender, about 4 minutes more. Season to taste with **salt, pepper, and ¼-½ teaspoon of the smoked paprika**.



2. Prep ciabatta

In a small bowl, combine **grated garlic** with **1 tablespoon butter, 2 tablespoons oil, ¼ cup of the Parmesan, ¼ teaspoon salt, and a few grinds pepper**. Using a serrated knife, make 5 slices into each **roll**, stopping about ¾ of the way down. (Don't cut all the way through.)



5. Assemble ciabatta

Meanwhile, divide **garlic butter** amongst the cuts in each **roll**. Line a rimmed baking sheet with foil. Transfer to prepared baking sheet and sprinkle with **¼ cup of the Parmesan**.



3. Sauté aromatics

In a medium saucepan, heat **2 tablespoons oil** over medium-high until shimmering. Add **½ teaspoon of the smoked paprika**, and cook until fragrant, about 30 seconds. Add **sliced garlic, onions, carrots, Swiss chard stems, and 1 teaspoon salt**. Cover and cook, stirring occasionally, until softened, about 7 minutes.



6. Bake ciabatta & serve

Bake **ciabatta** on center oven rack until golden-brown, about 10 minutes. Ladle **soup** into bowls. Garnish with a drizzle of **olive oil** and the **remaining Parmesan**. Serve with the **garlic bread** alongside. Enjoy!