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**COMPLIANT MIXED BEAN AND KALE STEW**

This warming bean stew is hearty, comforting and only takes moments to prepare.

**Ingredients:**  
(use organic ingredients where possible)  
**Stew:**

* **​**1 Tbs. filtered water (for ‘frying)
* 8 cloves of garlic, finely chopped
* 2 Tbs. dried Italian herbs
* ½ tsp. cayenne pepper
* 2 large tins of chopped tomatoes (no salt added)
* 2 large tins of mixed beans (Or use 2 cups dried beans for 6-8 cups of beans.)
* 10 sun-dried tomatoes, roughly chopped
* No salt seasoning and pepper to taste

**Stir-fried Kale:**

* 4 kale leaves, stems removed​, roughly chopped
* 2 Tbs. apple cider vinegar
* 2 Tbs. coconut oil
* No salt seasoning and pepper to taste

**Method:**

1. Heat a large pot over medium heat, add water and garlic, and stir-fry for 1 minute.
2. Add the Italian herbs, cayenne pepper, sun-dried tomatoes, chopped tomatoes and beans and cook on medium heat for about 10-15 minutes.
3. When the stew is warmed through and cooked, you can start cooking the kale.
4. Heat a frying pan over medium heat and add the water.  Then add the kale and stir-fry for 2 minutes.
5. Add apple cider vinegar and no salt seasoning and pepper to taste.  Stir-fry for another minute.
6. Add the kale stir fry to the mixed bean stew and stir to distribute.
7. Serve on its own or over rice or potatoes.
8. This stew freezes really well so let the pot cool completely. Then put the stew into 2 cup glass containers and freeze.