Michigan Bean Stew
Serves 4-6

12 oz. dry Michigan bean blend
   (Combination of any of the following beans: Azuki, Black, Cannellini, Cranberry, Great Northern, Red Kidney, Navy, Pinto, Small Red Bean, and Yellow Eye Bean)
2 T. olive oil
2 c. medium-dice mirepoix (1 c. medium-dice yellow onion, ½ c. medium-dice carrots, ½ c. medium-dice celery)
4 ½ c. low sodium vegetable stock or broth
1 T. minced fresh garlic
2 T. chopped flat leaf parsley
Course ground black pepper, to taste
Salt, to taste
7 slices provolone cheese

Pick over beans, removing damaged beans and foreign matter. Rinse beans well. Place in large pot with 8 cups of water. Cover and refrigerate for 8 hours or overnight. Drain beans in a colander and rinse until water runs clear.

Rinse and dry pot and place over medium heat. Add oil; wait until oil gets warm then add mirepoix and cook gently for about 5 minutes. Add soaked beans, stock or broth and garlic. Bring to simmer then reduce heat to low to keep the pot simmering for about 1 hour. Test beans for doneness. Continue cooking as needed.

When beans are tender to your liking, add parsley. Add pepper and salt to taste. Transfer to large cast iron skillet and top with slices of provolone cheese.

Place in 400°F oven and bake for 10 minutes or until cheese is bubbling and slightly browned. Remove from oven and serve.

*Recipe developed by Corporate Chef Kurt Kwiatkowski and featured in Residential Dining Services.*