

MICHIGAN BEAN STEW

by Corporate Chef Kurt Kwiatkowski

Featured Food: Mirepoix

Yield: Serves 4-6

Ingredients

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| 12 oz. dry Michigan bean blend* | 1 T. minced fresh garlic |
| 2 T. olive oil | 2 T. chopped flat leaf parsley |
| 2 c. medium-dice mirepoix: | 1 T. course ground black pepper |
| 1 c. medium-dice yellow onion | Salt as needed |
| ½ c. medium-dice carrots | 7 slices provolone cheese |
| ½ c. medium-dice celery | |
| 4 ½ c. low sodium vegetable stock or broth | |

Preparation

Pick out damaged beans, stones and other 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 and pepper. Add 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.

***Michigan Bean Blend:** Combination of any of the following beans grown in Michigan: Azuki, Black, Cannellini, Cranberry, Great Northern, Red Kidney, Navy, Pinto, Small Red Bean, and Yellow Eye Bean