



More than Food

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Tuscan White Bean & Rosemary Stew with Cheesy Polenta and Spinach

Rosemary and white beans are a classic Tuscan combination—the rustic duo is hearty and homey. Tossed with briny capers, stewed tomatoes, and a hint of tangy vinegar, this simple dish hits all the marks. A bed of rich, cheesy polenta adds a touch of decadence.



30 min



level 1



veggie



gluten free



nut free



Cannellini Beans



Rosemary



Plum Tomatoes



Red Wine Vinegar



Vegetable Stock Concentrate



Polenta



Yellow Onion



Garlic



Capers



Italian Cheese Blend



Spinach

Ingredients	2 People	4 People
Cannellini Beans	1 box	2 boxes
Rosemary	¼ oz	½ oz
Plum Tomatoes	2	4
Red Wine Vinegar	1 T	2 T
Vegetable Stock Concentrate	1	2
Polenta	½ C	1 C
Yellow Onion	1	2
Garlic	2 cloves	4 cloves
Capers	1 T	2 T
Italian Cheese Blend	1) 2 oz	4 oz
Spinach	8 oz	16 oz
Butter*	1) 1 T	2 T
Oil*	1 T	2 T

*Not Included

Allergens

1) Milk

Tools

Large Pan, Strainer, Medium Pot, Whisk

Ruler

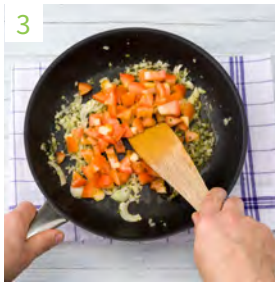
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Nutrition per person Calories: 593 cal | Carbs: 75 g | Fat: 21 g | Protein: 24 g | Fiber: 17 g | Sodium: 792 mg

Make sure to wash and dry produce before prepping or cooking!



1 Prep the ingredients: Halve, peel, and thinly slice the **onion**. Thinly slice the **garlic**. Strip the **rosemary** off the stem and roughly chop the leaves. Core and dice the **tomatoes**. Drain and rinse the **cannellini beans**.



2 In a medium pot, bring **2 ½ cups water** and the **stock concentrate** to a simmer over medium-low heat.



3 Start the stew: Heat **1 Tablespoon oil** in a large pan over medium heat. Add the **garlic** and **onion** to the pan and cook, tossing, for 4-5 minutes, until softened. Season with **salt** and **pepper**. Add the **rosemary** to the pan and cook for 30 seconds, until fragrant. Add the **tomatoes** to the pan and cook, tossing, for 4-5 minutes, until broken down. Season with **salt** and **pepper**.



4 Finish the stew: Add **1 Tablespoon red wine vinegar** to the pan and stir to scrape up any browned bits from the bottom of the pan. Add the **cannellini beans**, **capers**, **½ cup water**, and the **spinach** to the pan and toss to combine. Cook, tossing, for 2-3 minutes, until the **spinach** wilts and the **beans** heat through. Season with **salt** and **pepper**. Let sit over low heat.

HINT: If your pan isn't large enough, add the spinach in increments.

5 Make the cheesy polenta: Add the **polenta** to the simmering water and whisk until thickened, 1-2 minutes. Season with **salt** and **pepper**. Stir the **cheese** and **1 Tablespoon butter** into the **polenta**.

6 Serve the **cheesy polenta** divided between bowls, then top with the **white bean and rosemary stew**. Dig in and enjoy!