

Bite Spoon

Creamy Tomato White Bean Stew Recipe

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Base Ingredients

- [ ] 2 tablespoons olive oil
- [ ] 1 medium yellow onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 1 teaspoon dried oregano (or 1 tbsp fresh)
- [ ] 1/4 teaspoon red pepper flakes (optional, for a little heat)
- [ ] Salt and black pepper to taste

Stew Ingredients

- [ ] 1 (28-ounce) can diced tomatoes, with their juices
- [ ] 2 (15-ounce) cans white beans (cannellini or Great Northern), rinsed and drained
- [ ] 2 cups vegetable broth
- [ ] 1/2 cup heavy cream (or full-fat coconut milk for vegan)

For Serving

- [ ] Fresh parsley or basil, chopped
- [ ] Crusty bread

Instructions

1. Heat the olive oil in a large pot or Dutch oven over medium heat. Add the diced onion and cook, stirring occasionally, until it becomes soft and translucent, about 5-7 minutes. Add the minced garlic, oregano, and red pepper flakes (if using) and cook for another minute until fragrant.
2. Pour in the canned tomatoes with their juices and the vegetable broth. Give everything a good stir, scraping up any bits from the bottom of the pot. Bring the mixture to a gentle simmer.
3. Stir in the rinsed and drained white beans. Let the stew simmer gently for about 10-15 minutes, allowing the flavors to meld and the stew to thicken slightly. Season with salt and pepper to your taste.
4. Reduce the heat to low. Slowly stir in the heavy cream (or coconut milk) until it's fully incorporated. Taste and adjust seasoning if needed. Let it heat through for just a minute, but do not let it boil.
5. Ladle the stew into bowls and garnish with plenty of fresh chopped parsley or basil. Serve immediately with crusty bread on the side for dipping. It’s the perfect, simple comfort food for any day.

Nutrition per serving

320 kcal	12 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a richer flavor, you can use fire-roasted diced tomatoes.
- If the stew is too thick for your liking, add a splash more vegetable broth to thin it out.
- Leftovers taste great the next day, but the stew will thicken upon standing.