



BEAN AND TOMATO STEW

1 onion, a clove of garlic and a handful of parsley

1 tin of chopped tomatoes

1 tin of butter beans

2 splashes of red wine vinegar

1 handful of pearl barley, but brown rice would be great too

2 nuggets of frozen spinach

Chop the garlic, onion and parsley and fry in some olive oil until soft. Add the tin of tomatoes, the tin of butter beans, the pearl barley and the vinegar. Also fill up the tomato tin with water and add it to the stew. Bring up to a boil, turn the heat down and let the stew simmer for about 45 minutes. About 5 minutes before the end, add the frozen spinach. The result should be a nice, thick stew, perfect to eat with parmesan on top and with some nice crusty baguette to dip in it!

There are endless variations: add some pancetta to the onion and the garlic, replace the butter beans with chickpeas, add in some carrots and replace the pearl barley by potatoes

