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**WARMING BEAN STEW WITH SAUTED KALE**

This recipe is from FMTV and serves 4.  This warming bean stew is hearty, comforting and only takes moments to prepare.

**Ingredients:**  
(use organic ingredients where possible)  
**Stew:**

* **​**1 tsp. coconut oil
* 4 cloves of garlic, finely chopped
* 2 tsp. dried Italian herbs
* 1/4 tsp. cayenne pepper
* 2 x 14oz (2 x 400g) tins of chopped tomatoes
* 2x 14oz (2 x 400g) tins of mixed beans (The recipe calls for cannellini beans but these can be hard to find and expensive.  Also, mixed beans provide a more interesting texture.)
* 5 sun-dried tomatoes, roughly chopped
* Sea salt and pepper

**Stir-fried Kale:**

* 2 kale leaves, stems removed​, roughly chopped
* 1 tbsp. apple cider vinegar
* 1 tbsp. coconut oil
* Sea salt and pepper

**Method:**

1. Heat a large pot over medium heat, add oil, garlic, and stir-fry for 1 minute.
2. Add the Italian herbs, cayenne pepper, sun-dried tomatoes, chopped tomatoes and beans and cook on medium heat for about 10-15 minutes.
3. When the stew is warmed through and cooked, you can start cooking the kale.
4. Heat a frying pan over medium heat and add coconut oil.  Then add the kale and stir-fry for 2 minutes.
5. Add apple cider vinegar and salt and pepper to taste.  Stir-fry for another minute.
6. Serve the stew in a bowl with the kale.

**Serve with:**  
1 cup of cooked rice pasta.  (I don't bother with the pasta, but I'm sure it's good.)