



White Bean & Swiss Chard Stew

with Parmesan Garlic Bread



30-40min



2 Servings

Your brain might know that this is a hearty vegetarian meal, but your taste buds will be convinced there **MUST** be bacon hidden in there thanks to the subtle hint of smoked paprika. This nutritious stew includes meaty cannellini beans, Swiss chard, aromatic veggies, and grated Parmesan that adds richness to the broth. Hasselback-style Parmesan-garlic bread completes the meal.

What we send

- garlic
- 2 (¾ oz) Parmesan ¹
- 1 yellow onion
- 1 medium bag carrots
- 1 bunch Swiss chard
- 2 ciabatta rolls ^{2,3}
- ¼ oz smoked paprika
- 15 oz can cannellini beans

What you need

- butter ¹
- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- medium saucepan
- rimmed baking sheet

Allergens

Milk (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 810kcal, Fat 42g, Carbs 86g, Protein 27g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Finely grate **1 large garlic clove** and thinly slice **1 large garlic clove**. Finely grate **all of the Parmesan**. Finely chop **onion**. Scrub and thinly slice **carrots**. Using a knife, cut **Swiss chard stems** from **leaves**; thinly slice stems, then halve leaves lengthwise and slice crosswise into ½-inch thick ribbons.



4. Add beans & Parmesan

Add **beans and their liquid, 1½ cups water, ¼ cup of the Parmesan**, and season with **salt and pepper**. Bring to a simmer. Add **Swiss chard leaves** and cook until wilted and tender, about 4 minutes. Season to taste with **salt, pepper**, and **¼-½ teaspoon of the smoked paprika**.



2. Prep ciabatta

In a small bowl, combine **grated garlic, 1 tablespoon butter, 2 tablespoons oil, ¼ cup of the Parmesan**, and season with **salt and pepper**. Using a serrated knife, make 5 slices into each **roll**, stopping about ¾ of the way down (don't cut all the way through).



5. Assemble ciabatta

Meanwhile, divide **garlic butter** among cuts in each **roll**. Line a rimmed baking sheet with foil. Transfer rolls to prepared baking sheet and sprinkle with **¼ cup of the Parmesan**.



3. Sauté aromatics

In a medium saucepan, heat **2 tablespoons oil** over medium-high until shimmering. Add **½ teaspoon of the smoked paprika**, and cook until fragrant, about 30 seconds. Add **sliced garlic, onions, carrots, Swiss chard stems**, and **1 teaspoon salt**. Cover and cook, stirring occasionally, until softened, about 7 minutes.



6. Bake ciabatta & serve

Bake **ciabatta** on center oven rack until golden brown, about 10 minutes. Ladle **soup** into bowls. Garnish with a drizzle of **olive oil** and the **remaining Parmesan**. Serve with the **garlic bread** alongside. Enjoy!