



Vegan Adobo Vegetable Stew

with White Beans and Quinoa



20-30min



2 Servings

We just couldn't get enough of this nourishing and warming stew. It's full of goodness thanks to superfood veggies like baby kale and fennel and our favorite protein-packed quinoa. A chipotle in adobo sauce and a stick of cinnamon add a little heat and sweetness to the delicate broth. The stew gets topped with feathery fronds and a last drizzle of olive oil for a fragrant finish. Cook, relax an...

What we send

- chopped tomatoes
- quinoa
- can cannellini beans
- celery stalks
- shallot
- cloves garlic
- fennel
- cinnamon stick
- baby kale
- chipotle chile in adobo

What you need

Tools

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 700kcal, Fat 14g, Carbs 100g, Proteins 31g



1. Cook quinoa

Rinse **quinoa** in a fine-mesh sieve. Bring **quinoa**, a pinch of **salt**, and 2 cups **water** to a boil in a small saucepan. Reduce heat to low, cover, and simmer until **quinoa** is tender and water is absorbed, 15-20 minutes.



2. Prep ingredients

Peel and finely chop **shallot** and **garlic**. Trim tops and fronds from **fennel bulb** and set aside. Remove **fennel** core and chop bulb. Thinly slice **celery**. Remove seeds from **chipotle** and finely chop. Drain and rinse **cannellini beans**.



3. Sauté aromatics

Heat 2 tablespoons **oil** in a medium pot over medium-high. Add **shallot**, **garlic**, chopped **fennel**, and **celery** and cook, stirring often, until softened, about 5 minutes; season with 1 teaspoon **salt**. Add **chipotle** and any sauce (use less for less heat) and **cinnamon stick** and stir to combine.



4. Add beans and tomatoes

Add **beans** and **tomatoes** and stir to combine. Bring to a simmer and cook, partially covered, until slightly reduced 10-15 minutes.



5. Chop fennel tops

Meanwhile, thinly slice reserved **fennel tops** and chop **fronds**.



6. Finish stew

Add **baby kale** to stew and cook, stirring, until just wilted, about 3 minutes. Season to taste with **salt** and **pepper**. Serve stew over **quinoa**, topped with **fennel tops** and **fronds** and a drizzle of **oil**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com     **#marthaandmarleyspoon**