

Late Summer Stew

with Cranberry Beans & Crispy Mushroom Salad

Cranberry beans aren't just beautiful. They're delicious. A variety of shelling or soup bean, these bright pods contain pale tan beans splashed with magenta. Most often, you'll find them dried (and labeled "borlotti"). In this dish, we're using them fresh—saving you valuable time in the kitchen (most dried beans need to be soaked overnight before use). During the cooking process, the beans will lose some of their vivid color. But their creamy texture and hearty flavor remain. Stay fresh, chefs!



Ingredients

- 6 Ounces Oyster Mushrooms
- 3 Cloves Garlic
- 1 Bunch Tarragon
- 1 Ear of Corn
- 1 Bunch Fresh Cranberry Beans
- 1 Yellow Onion
- ½ Bunch Rainbow Chard
- ¼ Pound Okra
- 3 Tablespoons Vegetable Demi-Glace
- 1 Tablespoon Sherry Vinegar

Makes 2 Servings
About 510 Calories Per Serving



Instructions

1



Prepare the ingredients:

Wash and dry the fresh produce. Cut the mushrooms into bite-sized pieces. Peel and mince the garlic. Pick the tarragon leaves off the stems; discard the stems and finely chop the leaves. Peel off and discard the husks and silks of the corn. Cut the kernels of the cob; discard the cob. Shell the cranberry beans; discard the shells. Peel and small dice the onion. Separate the chard leaves from the stems; finely chop the stems and roughly chop the leaves. Cut off and discard the okra stems; cut the okra into ½-inch pieces on an angle.

2



Start the stew:

In a medium pot, heat 2 teaspoons of olive oil on medium until hot. Add the **garlic, onion and chard stems**; season with salt and pepper. Cook, stirring frequently, 2 to 4 minutes, or until fragrant and softened. Stir in the **cranberry beans, vegetable demi-glaze and 2 cups of water**; season with salt and pepper. Increase the heat to medium-high and bring the mixture to a boil. Once boiling, reduce the heat to medium-low and simmer, stirring occasionally, 24 to 26 minutes, or until the beans are tender.

3



Cook the mushrooms:

While the stew simmers, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **mushrooms** and cook, stirring occasionally, 2 to 4 minutes, or until browned and crispy. Season with salt and pepper to taste; transfer the cooked mushrooms to a paper towel-lined plate. Set aside as you continue cooking.

4



Finish the stew:

Stir the **chard leaves and okra** into the stew and season with salt and pepper. Cook, stirring frequently, 4 to 6 minutes, or until the leaves have wilted and the okra is tender. Remove from heat and season with salt and pepper to taste.

5



Dress the corn & mushrooms:

While the stew continues to cook, in a medium bowl, combine the **cooked mushrooms, raw corn and tarragon**; season with salt and pepper to taste. Stir in a drizzle of olive oil and **as much of the sherry vinegar as you'd like** (you may have extra vinegar).

6



Plate your dish:

Divide the **stew** between 2 dishes. Top with the **corn and mushroom salad**. Enjoy!