

## White Beans and Swiss Chard

Olive Oil

1 red onion, chopped

1 stalk celery, chopped

1 yellow bell pepper, grilled, peeled, seeded and diced (don't substitute)

2 cloves fresh garlic, minced

dried oregano and basil to taste

salt and pepper to taste

dry white wine to taste

8 cups chicken stock + more for later

1 cup tomato puree or tomato sauce

2 cups dried white beans, soaked overnight

1 bunch rainbow Swiss chard, heavy stems removed, chopped

3/4 cup brown rice

Sauté onion and celery until browned. Add the garlic and cook for about 15 seconds. Add the roasted yellow pepper and dried herbs. Add the tomato puree and reduce for a bit to deepen the flavor. Add the chicken stock and rinsed/drained beans. Simmer for 1 hour adding the wine as needed. Stir in the rice and additional stock/water as needed. Simmer 1 hour. Stir in the Swiss chard and season to taste. (note: using a canned stock in this recipe is just fine as the additional salt provides more flavor.)

*Hearty, simple and flavorful, this one-pot meal is great with thick slices of your favorite crusty whole grain boule - the contrast of the white beans with the dark green chard is striking and provides you with a built in "salad!" – Kim*

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