

Bean & Leek Cassoulet

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Ingredients	Quantity	Measure
Great northern beans, dry	1	pound
Carrots, chopped	1	pound
New potatoes, sliced	2 ½	pounds
Leeks, chopped	8	ounces
Onions, medium, chopped	1	cup
Fresh garlic, minced	¼	cup
Frozen mixed vegetables	1	teaspoon
Salt	1	teaspoon
Pepper	1	teaspoon
Biscuits		
Self-rising flour	4	cups
Vegetable shortening	12	tablespoons
Soy milk	2 ½-3	cups

Preparation

1. Soak beans overnight or two hours prior to preparation, cover beans with water and cook until tender (about 2 hours).
2. Sauté leeks, onions, carrots and garlic.
3. Add potatoes and mixed vegetables to the sautéed vegetables.
4. Add enough water to cover while cooking potatoes and vegetables until tender.
5. Add cooked great northern beans with juice.
6. Divide into two ½ hotel pans, top with biscuits (recipe below). Bake at 400 degrees until golden brown.
7. Brush with margarine.

Biscuits

1. Blend flour and shortening to form pea-sized lumps.
2. Add soy milk and blend slightly.
3. Roll out, not too thin.

Serving Information

6 ounces of bean mixture, making sure 1 biscuit is on top.

Nutrition Information

per serving *From USDA Nutrient Database

Calories: 201 Total Fat: 5g Saturated Fat: 1g Carbohydrate: 33g Protein: 6g
Sodium: 171mg Vitamin A: 12% Vitamin C: 25% Calcium: 7% Iron: 11%