

## Cozy Vegetable & Butter Bean Stew: Perfect for Any Night

Hearty and Creamy Butter Bean Stew



**TIME**  
**15 min**

**METHOD**  
**Slow cooker**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

- 2-3 cans butter beans, drained and rinsed
- 2.5-3.5 cups vegetable broth
- 2 carrots, peeled and sliced into rounds
- 1 medium sweet or yellow onion, diced
- 1-2 cans diced fire-roasted tomatoes
- 6 cloves garlic, minced
- 1 teaspoon Italian seasoning
- 1 bay leaf
- 1 cup cashew cream (see notes below for how to make it)
- 1 cup baby spinach
- 1 tablespoon white wine vinegar (or apple cider vinegar)
- 1-2 tablespoons extra virgin olive oil
- Salt to taste
- Ground black pepper to taste

### DIRECTIONS

- 1. Saut  Aromatics:** Heat 1-2 tablespoons of extra virgin olive oil in a large pot or Dutch oven over medium-high heat. Add the sliced carrots and diced sweet or yellow onion. Saut , stirring occasionally, until the carrots begin to soften and the onions become translucent (about 5-7 minutes).
- 2. Add : Garlic and Seasoning:** Stir in the minced garlic and Italian seasoning. Cook for about 1 minute, stirring constantly, until the garlic becomes fragrant. Be careful not to burn the garlic.
- 3. Build the : Broth Base:** Add the diced fire-roasted tomatoes (undrained) and vegetable broth to the pot. Stir everything together well, and then add the bay leaf. Bring the mixture to a boil.
- 4. Simmer with : Beans:** Once boiling, reduce the heat to a low simmer. Add the drained and rinsed butter beans. Stir gently and let the stew cook for 10-15 minutes, allowing the flavors to meld and the beans to warm through.
- 5. Finish with : Cream and Greens:** Carefully remove and discard the bay leaf from the pot. Stir in the cashew cream (or your chosen alternative) and the baby spinach. Cook for just a few minutes longer, stirring, until the spinach has completely wilted into the stew.
- 6. Season and : Serve:** Finally, add the white wine vinegar (or apple cider vinegar), and season the stew generously with salt and ground black pepper to taste. Stir well to incorporate. Serve the hearty and creamy butter bean stew hot in bowls.

## SWAPS & NOTES

Adjust the quantity (2 or 3 cans) based on how thick you prefer your stew.

For a deeper flavor, you can use dried butter beans: soak them overnight, then cook in broth until tender before adding to the stew.

This can be done in a slow cooker or pressure cooker for ease.

Vegetable Broth: Use a good quality vegetable broth for the best flavor.

## TIPS FOR SUCCESS

**Prep Your Veggies:** Chop your carrots and onions evenly so they cook at a similar rate.

**Don't Rush the Sauté:** Taking the time to properly soften the carrots and onions builds a foundational flavor for the stew.

**Cashew Cream Smoothness:** For the smoothest cashew cream, use a high-speed blender and blend for a few minutes until absolutely no grittiness remains.

**Taste and Adjust:** Always taste your stew before serving and adjust seasonings as needed.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/cozy-vegetable-butter-bean-stew-perfect-for-any-night/>