

Hearty Butter Bean Stew: Creamy, Flavorful & Vegan Comfort Food

Hearty Butter Bean Stew: Creamy, Flavorful, and Utterly Comforting!



TIME
15 min

METHOD
Slow cooker

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SAVE
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INGREDIENTS

2-3 cans (15 oz each) butter beans, drained and rinsed
2.5-3.5 cups vegetable broth (adjust to desired thickness)
2 carrots, peeled and sliced into rounds
1 medium sweet or yellow onion, diced
1-2 cans (14.5 oz each) diced fire-roasted tomatoes, undrained
6 cloves garlic, minced
1 teaspoon Italian seasoning
1 bay leaf
1 cup cashew cream (see notes below)
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 onion. Saut , stirring occasionally, until the carrots begin to soften and the onions become translucent, about 5-7 minutes. Stir in the minced garlic and 1 teaspoon Italian seasoning. Cook for about 1 minute more, stirring constantly, until fragrant. Be careful not to let the garlic burn.
- 2. Simmer the Stew Base:** Add the diced fire-roasted tomatoes (undrained), vegetable broth (start with 2.5 cups), and 1 bay leaf to the pot. Stir everything well to combine and bring the mixture to a boil. Once boiling, reduce the heat to low, add the drained and rinsed butter beans, and stir. Cover the pot and let it simmer gently for 10-15 minutes, allowing the flavors to meld and the vegetables to become tender.
- 3. Finish with Cream and Greens:** Carefully remove the bay leaf from the stew and discard it. Stir in the 1 cup cashew cream (or alternative cream from notes) and the 1 cup baby spinach. Cook for another 2-3 minutes, stirring occasionally, until the spinach has wilted completely and the stew is heated through and creamy.
- 4. Season and Serve:** Add the 1 tablespoon white wine vinegar to the stew. Stir well. Season with salt and ground black pepper to taste, adjusting as needed. (Remember to taste before adding too much salt, especially if your broth is salty). Serve hot in bowls. This hearty and creamy butter bean stew is perfect for cozy nights or nourishing lunches!

SWAPS & NOTES

below) 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 Swaps and Notes
Butter Beans: You can use large lima beans as a direct substitute.

Adjust the quantity of beans (2 or 3 cans) to your preferred stew thickness.

If you have dried butter beans , soak and cook them in vegetable broth (slow cooker or pressure cooker methods are great for this) for extra flavor, then use them in place of canned.

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

TIPS FOR SUCCESS

Don't Rush Sautøing: Allowing the carrots and onions to soften and lightly sweeten builds a great flavor base.

Fresh Garlic & Herbs: Using fresh garlic and optional fresh herbs for garnish significantly enhances the flavor.

Taste Broth First: If using a high-sodium broth, you may need less added salt.

Adjust Thickness: The amount of broth and how long you simmer will determine the final thickness.

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

Original recipe: <https://chefmaniac.com/hearty-butter-bean-stew-creamy-flavorful-vegan-comfort-food/>