

## Great Northern Bean Stew

### Ingredients:

- 1 Tablespoon oil (canola, vegetable, coconut, avocado, etc)
- 1 small white onion, diced
- 2 pounds ground beef, turkey, chicken, or pork
- 3 cans of Great Northern beans
- 6 cups stock (beef, turkey, chicken, or ham stock to match your meat choices)
- 6oz can tomato paste
- 1 Tablespoon minced garlic
- 1 tablespoon dried basil
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- Salt and pepper to taste
- Optional: 1 teaspoon red pepper flakes

### Directions:

1. Add oil to a large stockpot on medium-high heat and once shimmering, add in the onions. Sauté for 4 minutes.
2. Add in the ground meat. Spread the ground meat into the pan and then resist all temptation to mix it up for at least 3 minutes. Maybe longer depending on how high the heat actually is. The goal is to get some brown bits on your meat before turning them in the pan.
3. Drain off any excess grease at this point.
4. Once the meat is browned, add in the tomato paste and mix well. Cook off the tomato paste for 2-3 minutes.
5. Add in the garlic and stir for 30-60 seconds, careful to not burn the garlic. Add in the stock, and all the seasonings (start with 1 teaspoon of salt and 1/2 teaspoon of pepper, then adjust at the end.
6. Add in any red pepper flakes if you are using.
7. Add beans and mix well.
8. Bring to a simmer, then reduce heat to medium. Cover and simmer for about 15 minutes.
9. Serve and enjoy.