



VEGETARIAN CASSOULET w/ Mushrooms and Chard

Ingredients

- 2 Tbsp. olive oil or unsalted butter
- 2 medium leeks (about 2 cups), halved and thinly sliced
- 2 celery ribs, about 1 cup, finely diced
- 2 medium carrots, about 1 cup, peeled and finely diced
- 2 large garlic cloves, minced
- 8 oz. cremini or baby bello mushrooms, quartered
- 1 bunch red chard, thinly sliced
- 1 tsp. sea salt
- 1/2 cup dry red wine
- Two 15 oz. cans cannellini or great northern beans
- 1 1/2 cups vegetable broth
- 4 thyme sprigs
- 1/3 cup gluten-free breadcrumbs or nut crumbs (see note)

Directions

- 1.** In a large cast iron or oven-proof skillet (a shallow Dutch oven will also work), heat the oil. Sauté the leeks, celery and carrot over medium-high heat until soft and beginning to brown, about 10 minutes. Add the garlic and mushrooms; continue cooking until the mushrooms have released their moisture and browned, about 5 minutes. Fold in the chard and sauté until wilted, 2 minutes.
- 2.** Season the vegetables with sea salt and pour in the wine, scraping up any brown bits that may have formed on the bottom of the pan. Stir in the beans to incorporate. Pour the broth over the bean mixture and arrange the thyme sprigs on top. Bring to a simmer and cook, uncovered, over medium heat until the beans are soft and the liquid is mostly absorbed, 10 minutes. With the back of your spoon or a potato masher, smash a quarter of the beans to thicken the sauce.
- 3.** Preheat the broiler.
- 4.** Sprinkle the cassoulet with the breadcrumbs and broil until golden brown. Serve warm alongside crusty bread or cauliflower mash.

Recipe Notes: An easy paleo swap for breadcrumbs are nuts. Simply pulse in a food processor and toast in a dry skillet until golden brown and crispy.