



Makes 10 cups
Preparation Time: 20 minutes
Cook Time: 8 hours 5 minutes

INGREDIENTS:

2 14.5-oz. cans no-salt-added fire-roasted diced tomatoes, undrained

2 cups low-sodium vegetable broth

1 15-oz. can no-salt-added kidney beans, rinsed and drained

1 15-oz. can no-salt-added cannellini beans, rinsed and drained

1 15-oz. can no-salt-added red beans, rinsed and drained

1 onion, chopped (1 cup)

1 cup coarsely chopped carrots

½ cup chopped celery

½ cup chopped parsnips

¾ cup red wine or low-sodium vegetable broth

6 garlic cloves, roughly chopped

2 tsp. chopped fresh thyme

1 teaspoon chopped fresh rosemary

2 cups thinly sliced stemmed kale (optional)

2 tablespoons balsamic vinegar

Sea salt and freshly ground black pepper, to taste

Slow-Cooker Vegan Cassoulet

This hearty vegan cassoulet requires just 20 minutes of active prep time; then it simmers all day in the slow cooker. Three different varieties of canned beans make for a stew as richly flavored as it is convenient. Serve with a whole wheat baguette to sop up every bit of juice.

Editor's Note: Do not use dried kidney beans in this recipe. A slow cooker doesn't get hot enough to destroy the toxic lectins found in raw kidney beans.

By Nancy Macklin, RDN

- 1 In a 5- to 6-qt. slow cooker combine the first 13 ingredients (through rosemary).
- 2 Cover and cook on low 8 to 9 hours (or high 4 to 4½ hours). Stir in kale (if using) the last 30 minutes of cooking. Before serving, stir in vinegar and season with salt and pepper. Sprinkle with additional fresh thyme or rosemary.