

Navy Bean and Rice Cassoulet

Serves 4 - 6

Bean Stock Ingredients:

Navy Beans	1 cup
Vegetable Stock	2 ½ cups
Onion, small diced	1 each
Bouquet Garni	1
Garlic, minced	3 each

Bean Stock Method:

- Soak the beans for several hours or overnight. Drain well and rinse.
- In a medium size pot combine beans, fresh water and the remaining ingredients.
- Simmer until beans are tender (approx. 30 minutes). Drain excess stock and reserve.



Cassoulet Ingredients:

Brown Rice, cooked	1 ½ - 2 cups
Vegetable Stock combined with Bean Stock	for a total of 2 ½ cups
Olive Oil	enough to sweat the vegetables
Tomato, medium dice	1 ½ cups
Carrots, medium dice	1 cup
Celeriac or Celery, medium dice	1 cup
Leeks, medium dice	½ cup
Mushrooms, quartered	1 cup
Tomato Paste or tomato sauce	1 Tbsp
Parsley, chopped fine	¼ cup
Panko Bread Crumbs	1 cup

Cassoulet Method:

- Preheat oven to 375 degrees.
- In a large pan, heat oil and sauté carrots, celeriac, leeks, mushrooms and tomato. Add tomato paste and pince.
- Add stock and simmer until vegetables are tender.
- Remove vegetables by draining stock, then returning the stock back to the pan. Reduce stock a little more than half for a rich flavor.
- Combine the vegetables and beans. Season with salt. Pour the reduced stock on the bean and vegetable mixture.
- In a large oven proof cassoulet/casserole dish, layer entire bottom with cooked brown rice. Pour vegetable/bean mixture on top and finish with panko bread crumbs and parsley.
- Before service, bake in oven until browned and a crust forms.