Bean Stew
Makes 4 servings
Recipe provided by Michigan State University Chef Kurt Kwiatkowski

4 slices of bacon, cut into ½ inch strips
1 cup medium diced onion
1 cup medium diced carrots
1 cup medium diced celery
1 tbsp minced fresh garlic
3 tbsp chopped parsley

5 cups vegetable stock
1 cup dried beans* (soaked overnight in water and salt)
1 tsp salt
1 tsp apple cider vinegar
Salt and pepper to taste

1. Heat a sauce pot over medium heat and sauté bacon until it is about ¾ cooked. Remove the bacon, then sauté vegetables for 7-9 minutes; add garlic and sauté for an additional minute.
2. Add broth, beans, salt and bacon into the pot, then reduce heat to low and let simmer for 1 hour, stirring every 10 or 15 minutes. Note: if you are using canned beans, you will only need to simmer for 30-35 minutes.

* feel free to substitute with 2 cans drained and rinsed beans

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Farmers Market Food Safety Tips

- Sort through dry beans before using and discard any bits of stalk or pebbles.
- Use separate cutting boards and knives for vegetables and meats to avoid cross contamination.
- Wash hands thoroughly between steps when handing produce and raw meat, poultry and seafood.
- Refrigerate any leftovers immediately.

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