



Bean Stew

Makes 4 servings

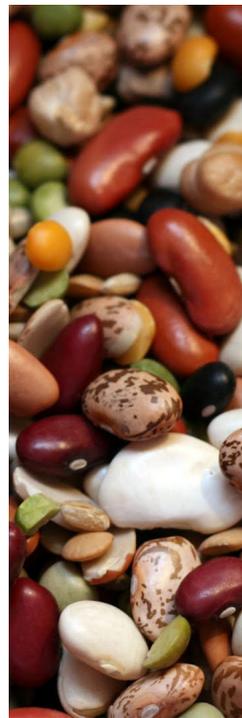


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|-------------------------------------------|---------------------------------------------------------|
| 4 slices of bacon, cut into ½ inch strips | 5 cups vegetable stock |
| 1 cup medium diced onion | 1 cup dried beans* (soaked overnight in water and salt) |
| 1 cup medium diced carrots | 1 tsp salt |
| 1 cup medium diced celery | 1 tsp apple cider vinegar |
| 1 tbsp minced fresh garlic | Salt and pepper to taste |
| 3 tbsp chopped parsley | |

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.
3. Add vinegar. Taste, and adjust seasoning with salt and pepper. Serve hot.

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

Recipe provided by Michigan State University Chef Kurt Kwiatkowski



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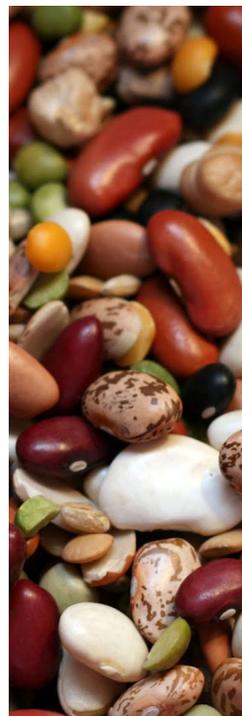


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Farmers Market Food Safety Tips

- 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 handling produce and raw meat, poultry and seafood.
- Refrigerate any leftovers immediately.

Recipe development was supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.

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