

# Magic BEANstalk Stew

**Makes:** 6 Servings

## Ingredients

**2 tablespoons** olive oil  
**1/2 cup** celery, diced (finely)  
**1/2 cup** onions, diced (finely)  
**1/4 cup** Carrots, Diced  
**1 teaspoon** garlic, minced  
**2 1/2 cups** cannellini beans, canned (rinsed and drained)  
**3 cups** chicken stock  
**1/2 cup** small shell pasta, uncooked  
**1/4 teaspoon** thyme  
**1/2 teaspoon** cumin  
**2 teaspoons** white pepper  
**3/8 cup** cheddar cheese, shredded  
**3** bread dough ball, frozen  
**12** fresh baby carrots  
**12** fresh sugar snap peas



## Directions

1. Remove frozen bread dough from freezer, place on slightly oiled tray, cover with plastic, thaw to room temperature.
2. Cut each portion in half. Flatten and round up dough ball with the palm of your hands. With sharp knife score the top of the dough balls in a crisscross design. Place on sheet pans lined with parchment paper. Place in proof box or cover with plastic wrap and place in warm spot until dough doubles in size. Bake at 375° until golden brown and done. Allow to cool.
3. With a bread slicer cut off the top of the bread and pull out the inside of the bread bowl and place bread bowl in a food tray with top sitting next to it. Save inside bread for use as bread crumbs in other

recipes.

4. Place olive oil in a kettle or saucepan and heat to medium temperature. Add diced celery, onions, carrots, and minced garlic. Saute vegetables until onions are slightly transparent (about 3-4 minutes). Add spices and 1/2 of the cannellini beans which have been pureed. Add the chicken stock, uncooked pasta, and remaining whole cannellini beans.
5. Reduce heat and simmer until nicely thickened into a stew.
6. Scoop bean stew into bowl. Top with 1/2 oz. shredded cheese. Place pan in warming cabinet.
7. Just before serving stick two cleaned and blanched baby carrots and two sugar snap pea ( in bowl for scooper and garnish.

## Notes

Serving Size: 1 breadbowl with soup

\*NOTE: after Step 6, hold at 140° or higher until time to serve.