



IMMANUEL
DIAKONIE

IMMANUEL.KOCHT

vegan & vegetarian with Lutz Fohgrub

VEGETABLE HOTPOT WITH WHITE BEANS



• We wish you bon appetit! •

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This hotpot is vegan and very easy to cook. Serves 4.

Ingredients

200 g	dried white beans	3-4 tbsp.	virgin olive oil
100 g	leeks	2-3	garlic cloves
100 g	onions	ca. 1 tbsp.	Indian curry powder
100 g	parsley root	ca. ½ - 1 tsp	ground cinnamon
100 g	celeriac	1 cm	fresh ginger
100 g	carrots	2	bay leaves
100 g	fresh fennel	1 tsp.	cumin
100 g	bell peppers	1 pinch	ground white pepper
100 g	tomatoes	1 tsp.	dried destemmed thyme
800 ml	vegetable broth	½ bunch	fresh parsley

To Prepare

Soak white beans in cold water and refrigerate overnight. Slice leek into rings. Peel and mince onions, garlic and ginger. Peel parsley root, celeriac and carrots, cut into strips, then dice. Wash fennel, cut off the green stalks and fronds and set aside. Cut bulb lengthwise into fine strips, then cut into fine cubes. Wash pepper, halve it and remove seeds, then cut into strips and dice. Wash tomatoes and dice. Heat olive oil gently in large pot and saute onions on medium heat until transparent. Add garlic, ginger, curry powder, cinnamon, bay leaves, cumin and thyme, saute for approx. 1 min.

Drain white beans and add to pot, fill with vegetable broth and simmer over low flame for about 40 min. Add leek, parsley root, celeriac, carrots and fennel, cook for about 10 min. Add bell pepper and tomatoes, continue to simmer for 5 min. Season to taste with white pepper. Wash parsley, shake dry and chop finely with fennel stalks and fronds. Garnish hotpot with mixture before serving.

The Health Factor

White beans, with their high-quality carbohydrate, protein and mineral content make a significant contribution to a well-balanced vegan/vegetarian diet. They rank low on the glycemic index with their slow-digesting carbohydrates and are thought to help lower the risk of diabetes mellitus.

Allergy sufferers please note:

Contains celeriac. May contain mustard seed, depending on curry mixture.