

## **BRYANNA'S QUICK, LIGHT AND LEMONY GREEK-STYLE ARTICHOKE HEART AND BEAN STEW**

**Serves 4 as a main dish**

2 tablespoons olive oil

16 artichoke hearts (bottoms) in water from a jar or can (*or frozen, thawed*), drained and cut in half

4 medium carrots, scrubbed and sliced into 1/4-inch “coins”

2 bunches of green onions (about 12-14), trimmed and thinly sliced

3 cups frozen shelled broad (fava) beans OR green garbanzo beans OR edamame (green soybeans), thawed and drained (*Or use any of these beans in their fresh form, but blanch them in boiling water for a minute or two and drain.*)

1/2 a bunch of fresh dill, stripped off stems and finely-chopped OR 1 tablespoon dried dill weed

2 cups really good vegan “chicken” broth

Juice of 2 lemons

1 tablespoon flour

Salt and freshly-ground pepper to taste

**Garnish:** Lemon slices, sprigs of dill

Heat the oil in a large sauté pan or deep skillet. Add the artichoke heart halves and the carrots and sauté over medium high heat for about 5 minutes. Add the green onions and the beans of your choice. Sauté the mixture for about 2 minutes. Add the dill and broth. Bring to a boil, lower heat to a simmer, cover and cook for about 10 minutes, or until the carrots are just tender enough. Whisk together the lemon juice and flour and stir into the pan. Stir until the broth thickens a bit. Taste for salt and add pepper as desired.

Serve with crusty bread or flatbread to mop up the lovely juices!

**Nutrition (per serving):** 302.6 calories; 22% calories from fat; 7.7g total fat; 0.0mg cholesterol; 485.0mg sodium; 1064.3mg potassium; 49.7g carbohydrates; 15.0g fiber; 7.7g sugar; 34.7g net carbs; 15.2g protein.