

# BRAISED FRENCH FLAGEOLET BEANS AND LEEKS

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## INGREDIENTS

60 MINUTES 4 SERVINGS

- 1 cup Flageolet (or other small white beans), dried
- 2 medium leeks
- 3 stalks celery
- 4 cloves garlic
- 1 cup white wine
- 2 sprigs thyme, fresh
- 2 tbsp Herbs de Provence
- 1 bay leaf
- 1 teaspoon red chili flake
- 2 cups water

## TAGS

#comfort, #French #glutenfree, #oilfree, #vegan,



1

Gather ingredients



2

Soak beans overnight, or at least 6 hours.



3

Beans will double to triple in size after soaking. If using canned beans, remember that the 1 cup dried equals about 2 1/2 -3 cups of canned beans.





4

Trim the roots off the leeks and discard. Separate the white and green parts of the leeks.



5

Thoroughly rinse the green tops of the leeks. Create a bundle with the bay leaf and thyme. This will help flavor your braise.



6

Slice the white bottoms of the leeks.



7

Thoroughly rinse sliced leeks under water to remove any sediment or grit.



8

Slice celery about the same size as the sliced leeks.



9

Heat a large pot or Dutch oven over high heat.





10

Add leeks and celery. Spread into a single layer, cover, and let brown over medium-high heat. No oil is needed. Add water and reduce heat if anything starts to burn.

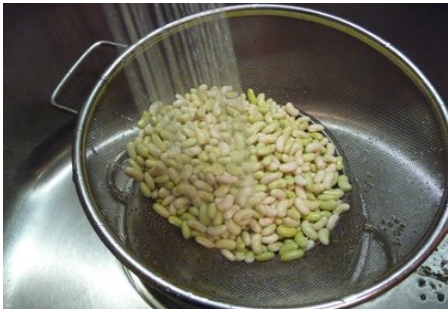


11

Meanwhile, thinly slice garlic.



12



13

Drain and rinse soaked beans.



14

When leeks and celery have some brown, add the wine.



15

Use a wooden spoon to scrape up any bits from the bottom of the pan.





16

When the wine has cooked off and the pan is dry again, add the garlic, beans, leek "bundle", Herbs de Provence, red chili flake, and vegetable broth.



17

Bring to a low simmer. Cover, leaving a small slit for some steam to escape. Cook for 50-60 minutes, until beans are tender. Cooking time will depend on the freshness of your beans -- the older, the longer they take.



18

When beans are tender and starting to fall apart, you're ready. You can keep cooking for another hour or more; just make sure you have enough liquid in the pot. You can also cook this in the slow cooker, 4-6 hours, on Low.



19

Remove your leek "bundle". Taste to adjust seasoning.



20

Serve with a warm hug.

