

Winter Mood Improve: Savory White Beans and Saffron

From: The Good Mood Kitchen, Norton 2017 Leslie Korn

This dish is a perfect mood booster for a dear winter day. Saffron, the stigmas from the crocus flower is the anti-depressant centerpiece of this recipe along with beans which are rich in B vitamins.

Ingredients

2 lbs. dried large white beans
5 quarts water
3 bay leaves
4 T. Virgin olive oil
2 large white onions, finely diced
3 cloves garlic, finely chopped
½ c. finely chopped flat leaf parsley
1 c. of organic spinach
1 tsp. saffron threads
Sea salt and ground black pepper, to taste

Directions

1. Soak beans overnight in water in the fridge.
2. Drain the soaked beans. Place in a large pot with fresh water, bring to a boil, and reduce heat. Simmer for 2 hours with bay leaves.
3. Heat virgin olive oil in a sauté pan over medium heat,. Add onions and garlic and sauté for 3 minutes. Add spinach, parsley and saffron, and cook for 1 minute more, and remove from heat.
4. Drain the cooked beans of most of the excess water. Return the beans to the pot and add cooked onion/garlic/saffron mixture. Stir and add sea salt and black pepper to taste.

Variation: Try adding steamed white fish (cod, halibut etc.) to this recipe, which can be added to the stew at the end or set on top of the beans when served.