

Creamy tomato stew with white beans and spinach

Total time **25 mins** **5 mins** preparation time **20 mins** cooking time

INGREDIENTS

2 portion(s)

1 can	chopped tomatoes
100 ml	cooking cream (e.g., 8%)
1 can	white beans, drained and rinsed
2 handful	of fresh spinach
1	small onion, chopped
1	garlic clove, chopped
1 tbsp	olive oil
2 tbsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>

PREPARATION

Step 1

1 small onion, chopped - **1** garlic clove, chopped - **1 tbsp** olive oil
Sauté the onion and garlic in olive oil in a pot for 2-3 minutes.

Step 2

1 can chopped tomatoes - **100 ml** cooking cream (e.g., 8%)
Add the tomatoes and cooking cream, then let it simmer for 5 minutes.

Step 3

1 can white beans, drained and rinsed - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce
Add the soy sauce and white beans, then let it simmer for another 5 minutes.

Step 4

2 handful of fresh spinach
Stir the spinach into the pot and let it wilt.

Step 5

Serve with flatbread.