

# Cajun-style Whipple Bean Stew

Recipe courtesy of Heather Arndt Anderson

Makes 8-10 servings (about 10 cups) | 15 minutes prep + 2 hours cook time

Featuring Oregon-grown heirloom Whipple Beans, this simple stew is the perfect warming dish for cold PNW nights.

**1 tbsp bacon fat or cooking oil**

**¼ lb Andouille (or other smoky sausage link), diced**

**1 cup diced white onion**

**2 ribs celery, diced**

**½ yellow bell pepper, diced**

**½ red bell pepper, diced**

**4 cloves garlic, minced**

**2 tsp smoked paprika**

**2 tsp sweet paprika**

**2 tsp granulated onion or onion powder**

**½ tsp cayenne pepper (plus more as needed)**

**2 tsp ground black pepper**

**2 tsp crushed dried thyme**

**3 bay leaves**

**2 cups dry Whipple beans (1 lb.)**

**4 cups water**

**4 cups chicken stock or low-sodium chicken broth**

**2 tsp coarse kosher salt**

**1 28-oz can crushed tomatoes**

**2 tbsp dry vermouth (optional)**

**¼ cup chopped fresh parsley**

**Step 1** Assemble the ingredients..

**Step 2** Heat the bacon fat or oil in a Dutch oven set over medium heat. Cook the diced Andouille until the fat starts to render, about 2-3 minutes. Add the onion, celery, and peppers and saute until they start to become glossy, another 3-5 minutes. Stir in the garlic, the spices, and the bay leaves and stir to coat.

**Step 3** Add the dry beans, water, chicken stock and salt, then increase the heat and bring to a boil. Cover and reduce the heat to low. Simmer until the beans are tender, stirring occasionally, about 2 hours.

**Step 4** Stir in the tomatoes and vermouth (if using). Simmer until warmed through, then add salt and more cayenne as needed according to your taste. Serve with a sprinkle of parsley.

**Step 5** In a blender add all the veggies and sazón with enough broth to help blend it all and buzz until completely smooth. Add this back to the pot of broth, add the cooked hominy (with none of its cooking liquid) and chicken. Cook for an additional 10 mins or until everything is heated through. Serve with your choice of toppings.

Heather Arndt Anderson is an award-winning writer on food, history, and plants. She's the author of four books on culinary history and writes a weekly newsletter for Oregon Public Broadcasting about growing, foraging, cooking, and eating food in the Pacific Northwest.