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# FRIDGE HARVEST STEW

Use up leftover meat and wilting greens with this hearty soup!  
[lovefoodhatewaste.co.nz](http://lovefoodhatewaste.co.nz)



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# FRIDGE HARVEST STEW

SERVES  
4

PREP 10 MIN COOK 20 MIN

## Suggested ingredients

2 large garlic cloves, chopped  
¼ cup extra-virgin olive oil  
1 tin crushed tomatoes  
2 cups beef stock  
2 tins cannellini beans, drained and rinsed (or other types of beans of your choice)  
200-300g leftover cooked meat, finely chopped  
¼ tsp black pepper  
¼ tsp salt  
1 bag or about 10 cups spinach or rocket

Check your fridge for leftover meat and wilting greens.

In a large pot, sauté garlic in olive oil until golden, 1-2 minutes. Add in tinned tomatoes and beef stock.

Stir in beans, meat, salt and pepper. Bring to a boil.

Reduce heat and simmer, uncovered, 5 minutes. Stir in greens and cook until they soften (approx 1-2 minutes).

**TIP** Toast stale bread in the oven and serve as an accompaniment!

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