



# Jacob's Cattle Bean Stew

Genesis 30:32

**A**N HEIRLOOM VARIETY ALSO known as “Trout Bean,” these kidney-shaped white beans are liberally splashed with maroon. They are favored for baked bean recipes as they soak up flavors readily while retaining their own identity.

## Ingredients

- 1 lb. dried Jacob's Cattle Beans
- 1 large yellow onion, diced
- 2 bay leaves
- 2 28 oz. cans whole peeled tomatoes
- 3 cups kale, chopped
- 2 tbsp. dried oregano
- 1 tbsp. chili powder
- 1 cup uncooked farro
- 2 ½ cups water plus more for cooking beans
- sea salt and pepper
- few handfuls of shredded cheese (Optional: Goat, and Manchego also goes well)
- few handfuls of fresh oregano (Optional)

## FALL FEAST RECIPE: **BOOTH**S

## Method

SOAK OVERNIGHT, RINSE, DRAIN THEN COOK UNTIL TENDER. HAVE A SLOW COOKER? USE THE SAME METHOD FOR COOKING OTHER DRIED BEANS.

Forgot to prep? Follow these steps: Place the beans, chopped onions, and bay leaves in a large heavy pot. Cover with water by two inches and bring to a boil. Lower the heat and simmer beans until tender. Keep a kettle of hot water ready as the beans cook – the water level should stay above the beans so that they cook evenly.



Meanwhile, in a separate pot, bring the farro and 2.5 cups of water to a boil. Turn down the heat to a light simmer and cook until tender, about 40 minutes. If the pot starts looking a little dry before the farro is fully cooked, just add more hot water. When the farro is cooked (it should be al dente—tender but still with some bite in the center), drain the grains and set aside.

Taste the beans every once in a while to check on their progress—cooking times will vary. When the beans are ready, drain the pot but make sure to reserve the cooking liquid as you will want to add some, if not all of it back to the beans.

Add the tomatoes, kale, chili powder, dried oregano, and a hefty amount of salt and pepper to the drained beans and onions. Break up the whole tomatoes a bit with a wooden spoon or spatula. Add a cup or two of the reserved bean liquid to the pot, depending on how brothy you want the stew. Bring everything to a boil, lower the heat, and simmer a few minutes to let the flavors meld (5 – 10 minutes should be good). Taste for seasonings and add more salt, pepper, chili powder, etc. Place a few spoonfuls of farro into bowls. Ladle beans and tomatoes over the farro and top with a generous amount of cheese and fresh oregano, if desired. Goes well with a crusty bread. Enjoy!

## Kitchen Chat

If children in your household are old enough, have them read the scriptures about when Jacob worked for Laban. Then have them and any other little ones watch our Little Kingdom Preppers video “[Jacob's Speckled Flock](#).” I am sure there will be a variety of spirit-led questions, conversations, and learning to be had. Shalom!



Supplemental homeschooling resources are also available. To learn more, please visit our website.