

Easy Red Kidney Bean Tomato Stew (Hearty & Vegan)

Prep: 10 minutes • Cook: 30 minutes

A cozy one-pot vegan stew where tender red kidney beans simmer in a tomato-rich sauce layered with warm spices. Hearty, budget-friendly, and deeply satisfying with a bright herb finish.

Ingredients

- 2 cups cooked or 2 cans (15 oz each) red kidney beans (drained and rinsed if canned)
- 2 tablespoons olive oil (or any cooking oil)
- 1 large onion (finely chopped)
- 3 cloves garlic (minced)
- 2 tablespoons tomato paste
- 2 large tomatoes (chopped (or 1 can, 14 oz diced tomatoes))
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon chili powder (optional, for heat)
- 1 teaspoon ground coriander (optional)
- 1 1/2 cups vegetable broth (or water)
- to taste salt
- to taste black pepper
- as needed parsley or cilantro (chopped, for garnish)

Instructions

1. Sauté aromatics – Heat oil in a pot over medium heat, add onion, and cook until golden. Stir in garlic and cook 1 minute.
 2. Build the base – Add tomato paste and cook for 2 minutes, stirring. Add chopped tomatoes and cook until the mixture becomes saucy.
 3. Season it – Sprinkle in cumin, paprika, chili powder, and coriander; stir well to combine.
 4. Simmer the stew – Add kidney beans and vegetable broth (or water). Bring to a boil, then reduce heat and simmer 20–25 minutes until thickened and flavorful.
 5. Finish & serve – Season to taste with salt and black pepper. Garnish with chopped parsley or cilantro and serve hot with rice or bread.
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Tags: Vegan, One Pot, Bean Stew, Tomato, Budget Friendly, High Fiber

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