The Healthy Cook

The Bean Variations

Basic Stewed White Beans

Easy, peasy. Sauté some vegetables and herbs, add canned beans, season, and you’re in business. This recipe makes four 1-cup servings. With any of the variations, you get four 1½-cup servings.

2 large carrots, finely chopped
1 large onion, finely chopped
3 Tbs. extra-virgin olive oil
2 Tbs. tomato paste
1 tsp. dried oregano or thyme
2 cans no-salt-added cannellini beans
½ tsp. kosher salt
¼ tsp. freshly ground black pepper

1. In a large skillet over medium heat, sauté the carrot and onion in the oil until lightly browned, 4-5 minutes.

2. Stir in the tomato paste. Cook, stirring often, until the paste starts to darken, 2-3 minutes.


4. Stir in the beans and their liquid. Cook until heated through, 1-2 minutes. Season with the salt and pepper.

Per Serving (1 cup): calories 290 | total fat 12 g | sat fat 1.5 g | carbs 37 g | fiber 10 g | total sugar 6 g | added sugar 0 g | protein 11 g | sodium 340 mg
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Garlic Shrimp
Sauté ½ lb. shrimp and 3 cloves minced garlic in 2 Tbs. extra-virgin olive oil until cooked through, 2-3 minutes. Stir in 1 Tbs. lemon juice, ¼ tsp. kosher salt, and 2 Tbs. chopped parsley. Spoon over basic stewed beans.

1½ cups: calories 400 | sat fat 2.5 g | protein 23 g | sodium 530 mg

Spinach & Sundried Tomatoes
Stir 4 cups baby spinach and ¼ cup chopped sundried tomatoes (oil-packed) into basic stewed beans. Garnish with 2 sliced scallions.

1½ cups: calories 320 | sat fat 1.5 g | protein 13 g | sodium 400 mg

Cherry Tomato & Basil
Chop 1 pint cherry tomatoes and ¼ cup basil leaves. Mix with ¼ tsp. kosher salt and 1 Tbs. extra-virgin olive oil. Spoon over basic stewed beans. Top with ¼ cup shredded parmesan.

1½ cups: calories 360 | sat fat 3 g | protein 14 g | sodium 490 mg