

The Healthy Cook

The Bean Variations

Basic Stewed White Beans

 SERVES 4

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.
3. Stir in the oregano. Cook until fragrant, about 30 seconds.
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 ⅛ 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