

Recipe Corner



Roasted White Beans

COURTESY OF MPSG

SERVINGS: 10-12
PREP TIME: 30 min
COOK TIME: 45 min
TOTAL TIME:
1 hour, 15 min

INGREDIENTS

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|---|---|
| 1 ¼ cup dry white beans (about 2 ½ cups cooked white beans), or 1 19oz-can white cannellini beans, drained and rinsed | 6-8 cherry tomatoes, halved |
| ½ cup canola oil | 1 tbsp dried oregano |
| 1 red bell pepper, chopped in small pieces | 1 tsp tomato paste, diluted with ¼ cup of water |
| 1 green bell pepper, chopped in small pieces | ¼ tsp ground black pepper |
| 1 medium onion, very finely chopped | ¼ tsp salt |
| 3-4 garlic cloves, minced | |

METHOD

[Soak beans overnight.

Rinse and simmer beans for about 30 minutes until soft but not mushy, drain and set aside.]

Preheat oven to 350 F (180 C).

Chop vegetables and in a large bowl combine the peppers, grated onion, garlic, beans, canola oil, tomato paste-water mixture, oregano, salt and pepper. Mix gently as to not break the beans.

Add the halved cherry tomatoes and mix in gently.

Pour into casserole dish.

Cover with aluminum foil and roast for about 45 min until peppers are soft. (Reduce this time to 30-35 minutes if using canned beans.)

Remove foil and roast for about 10 minutes if you want some browning. Be careful not to leave it uncovered too long, otherwise the beans will dry out.

Remove from oven.

Serve as side dish.