

How to Use White Beans

Pasta

Add drained white beans to any warm or cold pasta mixture with vegetables.

Pizza

Top pizza with tomato sauce, spinach, and drained white beans for a simple, delicious pizza.

Chili

Drain beans and add to any chili. Mexican-style white bean chicken chili is a favorite.

Hummus

Drain pinto beans. Blend/mash into a puree with lemon, garlic, olive oil, and salt, and pepper. Use as a dip or a sandwich spread.



Spinach and White Bean Soup

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Ingredients

- 2 (15 oz) cans white beans, drained and rinsed
- 1 large bunch spinach, rinsed, stemmed, and chopped
- 1 tablespoon olive oil
- 2 cups russet potatoes, peeled and cut into ½ inch cubes
- 1 cup yellow onion, chopped
- 8 cups low sodium chicken or vegetable broth
- Salt and pepper to taste
- ½ teaspoon hot sauce to taste (optional)

Directions

In a large stockpot, add olive oil and sauté onions until tender and translucent, about 5 minutes. Add broth and cubed potatoes and cook until potatoes are tender, about 15-20 minutes.

Add beans and simmer 5 more minutes. Add spinach and cook until spinach is wilted or tender. Season with salt and pepper and hot sauce, if desired.

Extension

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