

# 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**

**UtahState**University.



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