



Category (Soups)

Tomato, Basil and Parmesan White Beans

Submitted by Aundrea Carlson

<p><u>Recipe</u></p> <p>1Tbs. olive oil 1 tsp. chopped garlic 2 15-oz cans white beans - drained and rinsed 1- 15 ounce can diced tomatoes - undrained ¼ cup chopped parsley or use dried 1 teaspoon dry basil ½ cup grated Parmesan cheese 1 Tbs. lemon juice Ground pepper</p> <p>Heat olive oil and garlic in a 12” skillet over medium heat for 3 minutes. Stir in drained beans, tomatoes, parsley, and basil. Cook for about 10 minutes. Mix in parmesan cheese, lemon juice, and pepper just before serving.</p>	<p><u>Grocery List</u></p> <p>Olive oil Garlic 2 cans white beans 1 - 15 ounce can diced tomatoes Fresh or dried parsley Basil Parmesan cheese Lemon juice Ground pepper</p>
<p><u>Side dish</u></p> <p>I usually eat this by itself but it would be great paired with some kind of bread and fresh veggies.</p>	<p><u>Tips/Helpful hints</u></p> <p>This recipe only takes about 15 minutes and is super healthy and yummy! You can always substitute fresh tomatoes, garlic, seasoning, lemon, etc. for even better flavor. However, I love that you can use pretty much everything in this recipe from a can and probably already have most if not all the ingredients already.</p>